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PRACTICAL
OBSERVATIONS

ON

CERTAIN AFFECTIONS OF THE HEAD, COMMONLY CALLED

HEAD-ACHS;

WITH A VIEW TO THEIR
ELUCIDATION, PREVENTION, AND CURE.

To which is added, a Treatise on

INDIGESTION.

SECOND EDITION,

MUCH ENLARGED.

“ Examine thy customs of diet, sleep, exercise, apparel, and the like ; and try in any thing thou shalt judge hurtful, to discontinue it.”

LORD BACON.

BY JAMES FARMER,

*Member of the Royal College of Surgeons of London,
And Licentiate of Midwifery of the Royal College of Physicians of
Dublin, &c. &c.*

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1822.

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TO
SIR GEORGE L. TUTHILL, K^{NT}.

M.D. F.R.S.

FELLOW OF CAIUS COLLEGE, CAMBRIDGE,
PHYSICIAN TO ST. LUKE'S AND BETHLEM HOSPITALS,

THE
Second Edition

OF
THIS WORK IS DEDICATED

AS A
TRIFLING TOKEN OF RESPECT, WHICH HIS VALUABLE
INSTRUCTIONS INSPIRED
WHEN SUBSEQUENTLY APPLIED TO THE PRACTICAL
TREATMENT OF DISEASE,

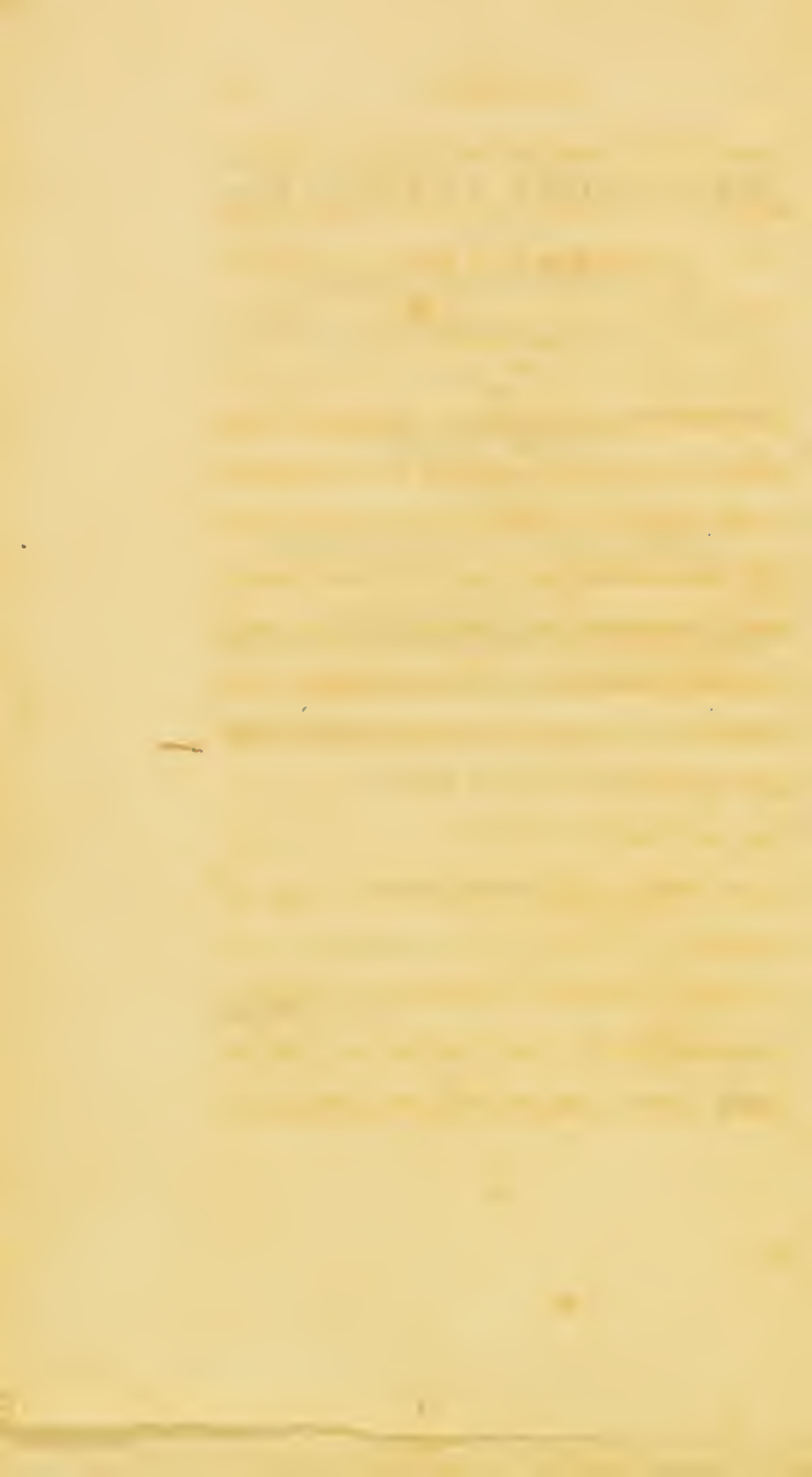
BY HIS

Obedient Servant,

and Pupil,

THE AUTHOR.

*Dorset Street,
Salisbury Square.*



P R E F A C E.

IN sending this work again to the press, the author cannot but indulge in feelings of high gratification from the rapid sale of the first edition, a large impression having been sold in a few months. This unequivocal display of public approbation has not been lost upon the author; it has stimulated him to make the present work still more deserving of favour.

Those painful affections which are pourtrayed in the following pages, have been more fully investigated,

their history and causes elucidated, and better methods of cure laid down. This he was more enabled to do, from the number of cases which have come under his notice since the promulgation of the former edition. Those few which are recorded, have been selected from a great variety, which were successfully treated by the author. More might have been cited from an experience of several years, but he did not wish to increase the size of the work by filling its pages with the history of cases, generally speaking, uninteresting to the reader.

Many irrelevant passages and technicalities are omitted, which the author considered unsuited to a work

on the treatment of disease, conciseness of language studied, and the work rendered as familiar to the general reader as the nature of the subject would admit.

Formulas for compounding the medicines recommended are added, which appeared to be a desideratum to the first edition. These prescriptions are not invented for the occasion, but have been actually employed by the author with uniform success, for a long series of years.

It is hoped that an augmentation of price will not be objected to, when it is considered that this edition contains at least three times the quantity of original matter than was comprised in the first. There are also

added two more species of head-ach, viz. those called *Clavus hystericus*, and the *Periodic head-ach*.

As “ long prefaces are tedious things,” the author hastens to conclude his, trusting that the valetudinarian reader will derive benefit from his labours; and if such be their effect, he will be amply compensated by the pleasure which arises from contributing his mite towards relieving a portion of human suffering.

ON

BILIOUS, OR SICK HEAD-ACH.

BILIOUS head-ach is an affection which is symptomatic of derangement of the biliary organs. It is particularly prevalent among the inhabitants of this metropolis, and indeed of all crowded and extended cities. No class of people seem exempt from its attacks, for it is alike met with among the strong and the feeble, the rich and the poor, the idle and the industrious. The following symptoms indicate its acute invasion.

It commences with a sense of lassitude,

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together with cold chills and loss of appetite. A dull pain is first experienced in the forehead, darting into one or both eyes: the right, however, seems most commonly affected. In many cases the pain will begin in the temples, and, increasing in acuteness, gradually extends over the whole head, which produces a sense of weight, as if it could not be raised from the pillow when in bed. The pulse is in general accelerated, beating strong and hard, and ranging between ninety and one hundred strokes in a minute, and very often even higher. In severe cases, nausea and vomiting will quickly supervene, which completes the climax of the patient's suffering. Some people describe the pain as a smarting sensation in one temple, which often remains for several hours in a mitigated form after the other symptoms have been relieved. In these head-achs,

which have been induced by chronic derangement of the liver, the pulse intermits, but does not appear to be much augmented in volume or quickness.

The sickness is principally produced by the bile regurgitating from the *duodenum*, or second stomach, into the proper stomach ; and although quantities of it are thrown up, yet no alleviation of the symptoms follow. The tongue is crusted with a brown fur, its centre being rough and cracked ; the taste is consequently impaired, and a bitterness is experienced in the mouth. The skin has a yellow tinge, so also has the white of the eye, which is owing to the absorption of bile into the circulation. Actual sickness does not always accompany the acute stage of this head-ach ; but I think that in such cases the pain is not less severe : on the

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whole, the attack is protracted, and the patient rendered more susceptible of future recurrences of head-ach.

From the torpor that generally reigns throughout the intestinal canal, the bowels are constipated. In some cases, pain is felt on the right side, just under the short ribs, extending obliquely downwards, causing difficulty in breathing; which symptom is sometimes experienced by people for several days previous to the head-ach coming on. It appears to be caused by an accumulation of fœces in the great intestine, which passes so close to the liver as to press upon it, and thus creates pain. I have also remarked, that previous to the attack, the patient is drowsy and inactive, while a dissatisfaction at every thing seems to pervade the mind; there is also a depression of spirits.

Females will often become hysterical, owing to the severity of the pain, and the disturbance which the nervous system undergoes at the time. Indeed, the complaint is met with much more common among them than the stronger sex ; a circumstance difficult to account for when we look at the regularity with which women generally live. It may be observed, that the stools are of a dark colour, even sometimes black, and smell offensively. The urine is brown, and towards the close of the acute stage, deposits a sediment resembling brickdust.

Whilst the foregoing are the chief symptoms indicative of bilious head-ach in its acute stage, there are cases so mild as scarcely to require notice, the pain being confined to the forehead and eye ; so that people may follow their ordinary avocations, without feeling more inconvenience than a slight

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pain would occasion in any other part of the body.

The causes which give rise to this disease are various. It may be, remotely, traced to atmospheric transitions and impurities ; and immediately, to irregular habits, and sedentary occupations of persons who are pre-disposed thereto. But the most common exciting cause is costiveness, and habitual torpor in the bowels. When that is the case, cold, applied to the body, so as to obstruct the perspiration, causes the blood to flow towards the internal organs with increased impetus, and hence the secretions are augmented : this occurs in the liver more than in other organs, and thus the redundancy of bile may be accounted for ; and that is in itself a proximate cause of hepatic irritation. The presence of the bile in the duodenum, or second stomach, in an undue proportion,

never fails in producing more or less constitutional disturbance; and hence, through sympathy, the functions of other organs become disordered. It is thus that head-ach, and its attendant symptoms follow.

Amongst the occasional causes of this head-ach may be enumerated, the depressing passions; the suppressing of long accustomed evacuations; violent exercise after a long confinement; irregularity in meals; and most commonly immoderate eating and drinking, especially of malt or spirituous liquors. Dissipation of every kind operates forcibly in producing this affection, and a train of other disorders. The avocations of some people seem to predispose them to this malady, for I have noticed it to be most prevalent amongst those who have been exposed for a long time to too great a degree of heat; such as bakers, cooks, and others.

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It will now be necessary to consider the mode of treatment proper to pursue for the relief and cure of this disorder; and to lay down rules, the observance of which may enable the patient to guard against its attacks.

Medical advice is seldom sought for by persons labouring under this malady, until the acute symptoms have gained their height, and even then they are contented with applying trifling palliatives, rather than have recourse to active remedies. When a practitioner is consulted, the first indication will be to remove that torpor which generally prevails in the intestinal canal. This is best accomplished by means of an active dose of the extract of colocynth, combined with three grains of calomel. If the bowels be not sufficiently unloaded by the pill, a draught composed of the following, may be

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taken for the purpose of keeping up the action on the bowels.

Take of Infusion of Sennæ, 1 oz. and a half.

Sulphate of Magnesia, half an oz.

Tinct. of Sennæ, 1 drachm.

Mix for a draught.

In most cases, however, the nausea is so urgent as to preclude a purgative medicine of any kind; in which case, it will be advisable to administer a weak infusion of chamomile flowers, for the purpose of cleansing the stomach of the redundant bile. After that, with a view of allaying the gastric irritation, the saline effervescing draughts may be given, and if they have the desired effect, the cathartic medicine may then be taken.

If the action of the purgative be kept up for a few hours, the urgent symptoms will soon yield; though, in some cases, the head-

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ach will continue for several days, in defiance of the remedies employed. Active purging will, however, almost invariably succeed in procuring for the patient a state of comparative ease; but this is by no means a satisfactory state, for we find, that although the pain may be relieved, yet the stomach is left labouring under great debility, owing, perhaps, partly to the treatment, and the general state of the case.

It is to this point our attention ought to be particularly directed: for if the digestive organs be left to struggle against debility without having recourse to some medicines calculated to remove it, we may expect the head-ach to recur soon again with redoubled energy, bilious disorders being so closely allied to those of the stomach.

For the purpose of strengthening the

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stomach, and inducing regularity in the alvine evacuations, I would recommend the patient to take a course of such medicines, as would be likely to act on the liver as a gentle stimulant, and on the stomach as a tonic. The first may consist of the *blue pill*; five grains of which may be taken every other night. It ought to be followed by a draught to be taken twice on the following day, or even every day; it may be made thus:

Take of Rhubarb in powder, 10 grains.

Ipecacuana, 2 grains.

Columba in powder, 6 grains.

Peppermint Water, 12 drachms.

Mix for a draught.

If the bowels be particularly sluggish, the following mixture may be taken in lieu of the draughts.

Take of Infusion of Gentian, 5 oz.

Sulphate of Potass, 1 oz. and a half.

Tincture of Cascarilla, 2 drachms.

Mix.

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Of this mixture two table-spoonsful are to be taken two or three times a day. By persevering in a course of this medicine for a short period, I have seen the most satisfactory results produced ; for it will, in most cases, prevent the re-appearance of bilious headaches, and restore the patient to a state of vigorous health. In the acute stage of the disorder I have remarked, that a general perspiration has been beneficial. I would therefore recommend it to be encouraged on these occasions, by all possible means ; such as by putting the feet in warm water, and taking the following saline draught every four hours.

Take of Lemon Juice, half an oz.

Carbonate of Potass, 15 grains.

Sweet Spirits of Nitre, 30 drops.

Water, 1 oz. and a half.

Mix.

In addition to these, the patient should drink largely of warm diluents, such as

lemonade, and the like. It would be proper too, to abstain from animal food, and all other stimulants. If the pain be intolerably acute, and is confined to one particular part of the head; relief will sometimes be obtained by moistening a sponge with vinegar and water, and applying it to the part. Confinement to bed must be enjoined; and, as noise has a tendency to aggravate the suffering of the patient, silence ought to be preserved in his apartment.

Regimen forms an important auxiliary to the treatment of bilious affections; indeed, upon it hinges our hopes of success in obviating their acute phenomena. It should therefore be laid down with exactness, with a view to a strict observance of it, since health will ultimately reward the persevering invalid.

In laying down a plan of diet for those

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who are subject to such affections, I would particularly caution them against taking any thing that is apt to disagree with the stomach, or render it flaccid. Among such may be enumerated, most kinds of slops, such as broths, soups, &c. To these may be added, all highly-seasoned dishes and rich gravies. Solid meat, divested of fat, I consider much the best for bilious persons, provided it be eaten under-done. There can be no particular objection to poultry, except goose, on account of its peculiar richness: to wild-fowl still less; for I consider it both nutritious and easy of digestion, and may therefore be taken with impunity. Both malt and spirituous liquors are very deleterious to the bilious, and, as such, ought to be entirely dispensed with. The same observations will almost apply to the drinking of tea, especially if carried to excess. There is a popular idea that coffee is salutary in bilious affections, but it is unquestionably erroneous; for unless it pro-

duces a purgative effect, it will prove detrimental.

Besides regulating the diet, exercise is of equal importance. The gentler it is taken the better; that of walking is to be preferred to carriage or horse exercise; for we find that persons who are liable to bilious attacks, are rendered more susceptible of them after violent exertion of any kind. It would be difficult to persuade the youthful of either sex to forego the pleasures of the *ball-room*, although such pleasures are often purchased at the expence of much suffering, for I have frequently remarked, that a sick head-ach was produced by dancing when indulged in to a fatiguing degree.

The custom of early rising should be strongly inculcated (unless the patient be very delicate); for if combined with a regulated diet, it produces very beneficial effects :

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sleep, on the contrary, when unrestrained, is calculated to induce that state which favours bilious affections.

It is of equal consequence to regulate the hour of taking meals; and, if possible, such regulations ought not to be departed from. Dinner is best between the hours of one and three, the other meals according to the inclinations of patients. As to supper, it ought to be dispensed with altogether; but if the appetite be uncomfortably keen at night, something of a very light nature should be selected, and eaten at least two hours before bed-time. Sleeping after dinner I consider unwholesome, especially to those of a plethoric habit, and who are liable to bilious disorders.

I would advise bilious persons to preserve equanimity of temper as much as possible, for experience amply proves, that this dis-

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order is frequently induced by sudden passions of the mind, but particularly that of anger.

As habitual costiveness is one of the most common causes of bilious head-ach, it ought to be guarded against by taking occasionally some cathartic medicine. The following I have found particularly useful in removing such a habit.

Take of Compound Extract of Colocynth, 48 grains.

Blue Pill, 2 scruples.

Extract of Gentian, 24 grains.

Mix and divide into twenty-four pills, two of which may be taken at bed-time.

Occasional purging is of the greatest utility, both in preserving healthy action in our corporeal system, and in strengthening those of the mind. Such effects will soon be manifest to him who feels either the presence of disease, or his intellectual faculties as it

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were benumbed. When the bowels are unloaded, the mind acquires sprightliness and vigour, and is enabled to undergo much greater exertion. It is thus that the muse of the poet becomes elevated, and the cogitations of the philosopher are rendered more consistent with the dictates of genius.

There are many persons who imagine that purging abstracts a portion of strength from the body, because a languor is experienced while the bowels are in action. That idea holds good in a qualified sense, but in the abstract, the reverse will be found: if the food be digested conformably to the intentions of nature, our nutriment will be augmented, and, of course, additional vigour is imparted to the system.

Seeing then how important it is to preserve the due action of the alvine secretions, I would recommend to those persons who

are subject to derangements of the stomach and liver, to particularly attend to the state of the bowels; for it is from neglecting them, that many complaints (which were perhaps in youthful days but latent) become chronic in after life, alike defying the powers of the constitution, and the attributes of the medical art. What would not an individual thus situated, give, if he could but recal the glow of health, and the pleasing anticipations which were wont to animate him, in “the sweet age of childhood!”

If bilious affections proceed from the suppression of accustomary evacuations, such as obstructions of the catamania in females, and of the bleeding piles in men, they should again be produced by suitable remedies. Obstructed perspiration being sometimes the immediate cause of a severe head-ach, care should be taken to prevent a recurrence of

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it. To this end, flannel should be worn next to the skin ; and if once put on, it should not be again dispensed with, either from caprice, or extreme warmth of atmosphere.

If the glutton or drunkard complain of loss of health, I would advise him to seek for aid from our art when he shall have departed from the gratification of sensuality, and adhere to the rules which an invalid finds imperative on him to adopt. It is only by these means that he can hope for the return of those enjoyments which are inseparably connected with abstinence and a moral course of life.

It sometimes happens, that notwithstanding the most rigid attention paid to diet, &c. a person finds no relief from attacks of head-ach ; in which case we may suspect that local situation, or the atmosphere, is in fault :

to such I would recommend an excursion to some watering place ; *Cheltenham*, or *Leamington*, would be the most proper. The waters of these places have long been highly extolled for their salutary effects in liver complaints, and disorders connected thereto. To bilious persons, they are therefore indicated, as they afford an assemblage of things which have a tendency to restore health to the system.

But it is not the medicinal properties of those Hygeian fountains which alone work such wonderful effects ; a succession of pleasing associations (caused by a change of scene) with which the mind is amused ; the uncontaminated breeze, together with a regulated diet ; all these combine in imparting to the cheek the blush, and to the eye the lustre, which it is wont to exhibit at the zenith of health.

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In bringing about this happy consummation, the purgative operation of these waters has certainly a very considerable share. It may also be remarked, that persons who resort to these watering places, are more inclined to follow the admonitions of their medical adviser, which they had perhaps, to a certain extent, hitherto disregarded.

The efficacy of mineral waters, will be greatly assisted, by taking occasionally a dose of the cathartic pills, which I have prescribed at page 17. At the same time, using gentle exercise daily, and avoiding late hours and dissipation of every kind.

In concluding my observations on sick head-achs, I would wish to warn my readers, not to suffer themselves to be deluded by the imposing pretensions of advertising empirics, or to believe the specious puffs

which are unceasingly offered to the public through the medium of the diurnal press.

Medicines thus promulgated, are, for the most part, prepared by persons who know nothing of the nature of the complaints for which they are recommended; it is therefore obvious, that those who take them do it at a considerable risque.

I am led to make these remarks from having frequently observed the worst consequences to arise, from patients believing the assertions of a quack by taking his nostrums.

When it is considered with what assiduity the diseases which are common to our species are studied by men of education, it must excite surprise that any countenance is given to ignorant pretensions. This I am sure

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would not be the case if invalids were to see the effects which arise from resorting to *nos-trums* for the cure of their diseases.

In the foregoing pages, the reader will observe that I have but very cursorily alluded to the peptic treatment of bilious affections; my reason for so doing, was to avoid tautology, as I have devoted several pages to the subject in the sequel of this work.

ON

NERVOUS HEAD-ACH.

NERVOUS head-ach is nearly found as prevalent as the species which I have just noticed; but it is generally confined to a different class of people; persons of a relaxed fibre and debilitated constitution being the most subject to its attacks. Amongst the female sex it is particularly observable, as the nature of their frames seems to favour nervous debility.

Nervous head-ach may be divided into three species. The first simply depends on debility, and is not confined to any sex in particular. The second is termed *clavus*

hystericus, which is peculiar to females, and is symptomatic of uterine derangement. The third species, is called periodic head-ach, on account of its supervening at regular, or irregular periods, and resembling, in this respect, attacks of intermittent fever.

With a view of elucidating the nature of these several species, and of pointing out to the reader their particular characters, I shall give a history of them under their respective heads, which will be followed by some general remarks on nervous disorder.

We may be able to distinguish the first species from others, by the following symptoms: An acute pain is felt in the forehead and temples, accompanied with a sense of tightness over the whole head: sometimes a cold sensation will be experienced on the crown of the head, and from that extend

downwards to the spine, as if cold water were trickling in that direction: there is, likewise, a numbness felt about the scalp: giddiness is almost invariably a symptom of this head-ach: some people describe it as being confined to the top of the head; others say that it is in the forehead that they feel the swimming, as it is usually termed. This last symptom is met with, more or less, in every kind of head-ach; but it proceeds from a very opposite state of things, which makes it of consequence to be able to discriminate from whence it arises. This may be pretty well ascertained, by attending to the following remarks. If the giddiness be produced by debility, stooping the head will not increase it, unless it be done for an inconvenient time; neither will shaking the head aggravate the pain. Now, were the head-ach to depend in vascular fulness of the brain, the contrary would be experienced.

The pulse is most commonly small, quick, and produces a sense of vibration to the finger; but in many instances it will not exceed fifty beats in a minute; and I have known cases in which it could not be felt at the wrist. Under these circumstances, the patient complains of being cold, and the whole nervous system is in great disorder. In severe cases, the head feels as if it would burst, which causes people to tie a handkerchief tight round the forehead, in the hope of thereby getting relief. Sometimes we find this malady co-existing with a bilious state of the system, which makes it a matter of some difficulty to treat, owing to the discrepancy of their respective causes; for the active purging which the latter complaint calls for, would prove detrimental in this. To this circumstance may be ascribed the errors which are made in attempting to remove this affection by active remedies,

such as by leeching, blistering, and purging ; all, or any of which will only add fuel to the flame.

It is of consequence to come to a correct conclusion as to the true character of this species of head-ach, by which erroneous practice may be avoided. It may be distinguished from a bilious head-ach ;—First, by the pulse not having the fulness and jerk which is observed in that malady ;—Secondly, by the functions of the stomach not being disturbed, for we do not find vomiting as an attendant symptom in this species, unless something particular occur to excite it ;—Thirdly, although the eyes are almost always affected in this affection, yet the pain does not confine itself to one eye in particular, which is very frequently the case in bilious head-achs.

The cause of nervous head-ach is ge-

nerally debility, and that is most frequently induced by indigestion. If the stomach fails in performing its functions efficiently, there will be necessarily a diminution of the nutriment which is necessary for the support of the animal economy ; hence irritability of the whole system is produced, with which the brain sympathizes. Among other causes may be mentioned, great fatigue, either of the body or the mind; confined and unwholesome air; anxiety, sudden alarms; and that corroding feeling of the mind, suspense. The treatment of some acute diseases very frequently causes this species of head-ach; especially if that treatment have been bold and vigorous; such as bleeding, purging, &c. Students are particularly liable to it, so also are those whose employment are sedentary ; such as females who derive their livelihood by needle-work.

In considering the treatment necessary to

pursue, for the purpose of curing this affection, our attention is to be directed to its causes. As indigestion forms the principal of these, means ought to be resorted to to remove it. That subject is fully detailed in the latter part of this work, to which the reader is referred.

When a nervous head-ach proceeds from irritability of the nervous system, which appears to be induced by some shock which it has sustained, I would recommend the exhibition of medicines which combine a cordial with a tonic property. The following I have employed with great advantage in such cases.

Take of Aromatic Confection, 10 grains.

Æther, 30 drops.

Infusion of Cascarilla, 1 oz. and a half.

Compound Tincture of Lavender, 20 drops.

Mix for a draught. One to be taken three times a day.

As constipating effects may be expected to

result from the use of that medicine, it would be proper to occasionally take some gentle laxative. The following will be suitable.

Take of the mass of Pill Aloes, with Myrrh, 1 drachm.

Divide into twelve pills, two of which may be taken at bed-time.

The patient ought also adopt a light invigorating diet, which should be taken at regular hours. Stimulating and strengthening drinks are likewise indicated : as for instance, bottled ale, or porter ; if they be home-brewed they will be more eligible. Should malt liquors disagree with the stomach, brandy, properly diluted with water, may be substituted. Foreign wines are very fit in such cases, if the circumstances of the patient will permit. These all, however, must be taken with moderation.

If this complaint have resulted from over-exerting the mind in literary pursuits,

relaxing from study is the best mode of cure. Sometimes cases of this kind have proceeded so far as to threaten the empire of reason with annihilation, such as in the instance of a great poet*. It will be then requisite to recommend to the patient an entire change of scene; where the soothing of friendship, and the cheerful circle, may help to remove his morbid associations.

Clavus Hystericus is a species of head-ach, which I believe is exclusively to be met with among females. It takes its name from the circumstance of the pain being confined to so small a space, that a nail might be driven into the part, and its being connected with uterine disturbance.

It consists of a very acute pain, which generally remains stationary in one temple

* Cowper.

at a time, and most commonly in the right. When the complaint accompanies bilious affections, the eyes are more or less painful. Over the countenance there is spread an indication of suffering, and under each eye a dark sallowness appears. With the above symptoms there may be remarked, those which usually attend hysteric disorders, such as depressed spirits, fainting fits, cramps in various parts of the body, particularly when the patient is in bed: also the *globus hystericus*, which is a sensation as if a ball were rising out of the stomach into the throat; sleep is disturbed by night-mare and frightful dreams: giddiness is here too a leading symptom, and it generally remains after the others have been removed. The patient, under the joint influence of bodily suffering and mental depression, secludes herself from the society of those who were once her solace and delight.

We find that this malady frequently proceeds from uterine derangement, which is generally produced by relaxation and irregularity in the periodic discharge to which females are liable. These things may be frequently traced to dissipated habits and fatiguing pastimes, particularly that of dancing. A nervous head-ach of this kind is likewise induced, in a remote degree, by passions of the mind, and disappointments arising out of them. Sometimes such affections may be ascribed to derangement of the stomach and bowels, which is often the cause of irritation being communicated to the brain and nervous system.

In treating this malady, our first object will be to search for its immediate causes, for the purpose of removing them. When it is produced by relaxation and derangement in the uterine economy, medicines of

a tonic and astringent nature ought to be taken. One of the most efficient adjuncts to this plan of treatment that I know of, is the cold *hip bath*. It should be taken in the morning on rising, taking care, however, not to employ it if there be any perspiration perceptible on the skin. It should be first used at a tepid temperature, and gradually reduced to the proper degree of coldness, which may be about 40° F^t. I consider three or four dips into the bath quite sufficient, and, indeed, more productive of benefit than remaining in it, as is done on other occasions. The good effects arising from a sudden emersion, will be rendered evident, by the glow of warmth which is produced on the skin. There are some patients who feel great repugnance to the use of this remedy, owing to the inconvenience and disagreeableness resulting from its employment. To such I could hold out

no hopes of a cure by trusting alone to medicine; for I cannot recollect a single case of this kind which was permanently relieved, unless the bath had been likewise resorted to

With respect to the medical treatment, I cannot say that I ever knew of any good being produced by medicines which are called nervines, provided they were alone relied upon, to the exclusion of other remedies. In some instances indeed, where the nervous system was much disturbed, some little benefit seemed to have arisen from their use, as far as they operated as a cordial. When such medicines are indicated, that quality will be found in this draught, viz.

Take of Compound Tincture of Lavender, 20 drops.

Fœtid Spirits of Ammonia, 30 drops.

Æther, 20 drops.

Camphor Mixture, 1 oz. and a half.

Mix for a draught.

But our chief reliance is to be placed on tonic astringents, because they operate in giving tone to the nervous system in general, while the bath serves as a powerful auxiliary in removing the local causes. The *sulphuric acid* is one of the most useful medicines of that kind, when properly diluted. By combining it with the infusion of roses, which already contains a proportion of it, a very agreeable and efficient draught will be formed. This for instance:

Take of Infusion of Roses, 1 oz. and a half.

Dilute Sulphuric Acid, 15 drops.

Compound Tincture of Cardamoms, 1 drachm.

Mix for a draught. One of which is to be taken three times a day.

This medicine ought to be regularly taken for nearly a month, for it is only by perseverance that any remedy can be of service. If the bowels be constipated by it, some laxative may be occasionally

taken ; such as the compound decoction of aloes, in the dose of a wine glassful in the morning.

When this disorder is owing to a deranged state of the alimentary canal, purgatives, joined to the occasional administration of small doses of *blue pill*, will be most suitable to the case. If passions of the mind seem to induce it, changing the place of residence of the patient, and employing the mind in rational pursuits, will, most likely, tend to bring back the rose to the cheek of the patient.

Periodic Head-ach is the name of the third species of nervous head-achs. It makes its approaches at regular or irregular periods, sometimes every twenty-four hours ; and at other times varying its attacks from that time to thirty-six hours ; and remitting after

the manner of an ague; in some cases it comes on every fortnight.

The pain is situated on each side of the head, but more frequently extends over the whole of it, and accompanied by a sense of drowsiness or stupor. In this respect it very much resembles some cases of bilious head-achs. Sometimes the pain will remove from the head and attack the face (generally under the eye), the anguish of which is so great, as to cause it to be mistaken for *tic douloureux*; and after it thus torments the patient for an indefinite time, it will gradually decline, leaving a sense of smarting, which remains until another attack returns. Some cases terminate with vomiting of a sour fluid.

Various are the causes of this variety of head-ach. Sometimes the seasons of the

year appear to exercise an influence in producing it, but this is not a very common cause. If a careful inquiry be instituted, I think that there will be no great difficulty in tracing it to disorder in the digestive organs; for we may remark, that an acute paroxysm frequently ensues after eating. Here, too, we find, that the mind has a considerable share in its production, as in cases of long standing the least perturbation will give rise to an attack of head-ach. Another cause to which this malady is ascribed, is worms in the intestinal canal; the irritation of which influences the brain. When that is the case, the appetite is variable, being sometimes voracious, and at other times impaired, or quite gone.

The treatment of this affection must be regulated by the things that either remotely or immediately produce it. When it can be

traced to indigestion, such remedies as are pointed out for that disease ought to be resorted to. If it be induced by intestinal worms, medicines calculated to expel them will be indicated. The best I know for that purpose is *spirits of turpentine*. When the head-ach is very acute, the application of fomentations will prove serviceable in mitigating the pain ; but its violence should never cause persons to have recourse to blood-letting, either local or general, for it will invariably only aggravate the complaint. It is difficult to convince patients of this, and hence the disease is rendered more obstinate by their applying leeches or blisters.

If there be habitual costiveness, and the bowels are oppressed with wind, which always accompanies indigestion, gentle purging will be proper ; but care must be taken not to carry it to such an extent as to induce

debility: medicines of that description should be of a warm aromatic nature, such as the following:

Take of Rhubarb, 15 grains.

Sulphate of Potass, 1 drachm.

Peppermint Water, 1 oz. and a half.

Mix for a draught. One of which is to be taken if occasion require.

As we have seen that the confinement which is necessary in the avocations of many people (whose income probably depends upon a sedulous devotedness to them) is very frequently the cause of nervous head-ach, patients thus situated, should appropriate a portion of each day in seeking a pure air, which, together with exercise on foot, would mainly conduce to remove many affections of this kind. It is of importance to all persons who are liable to nervous affections, to keep the mind amused by means of pursuits which will neither fatigue or harass it, as it may be frequently observed, that lowness of

spirits and hypochondriacism are the mere effects of idleness and *ennui*. It is thus that the imaginary invalid employs his time, in tracing out symptoms and feelings which at first only existed in his ideas, but which become realities from the circumstance of fancy.

To such persons I would recommend the practice of early rising, as lying long in bed has a great tendency to weaken the body, which predisposes it to these affections; and if the patient be in the country, joining some exercise to that salutary custom, will have a great effect in removing affections which are supposed to emanate principally from the mind, but which, in fact, originate from the nerves.

It is a very prevalent opinion that general cold bathing is beneficial to nervous people,

but experience proves that such an idea is erroneous; for there are few persons of a delicate constitution who have recourse to it but what feel its debilitating effects; it is therefore incumbent on such to avoid taking that which the more healthful may consider as a salutary recreation.

The distinctive symptoms which I have observed in the foregoing detail, will in many instances become lost; and each species will alternately merge into each other, and alternately develop their peculiar character. Such a circumstance only requires the treatment to be suited to the existing malady.

RHEUMATIC HEAD-ACH.

THIS complaint is, I believe, less prevalent than any other species to which we may be liable. The reason of this is, because it is, comparatively speaking, confined to those persons only who are subject to rheumatic affections; although that class of people are very numerous, yet neither do local circumstances, or the peculiar pursuits and occupations of individuals, seem to conduce to its production; for it is as common amidst the salubrious atmosphere of the country as it is in large towns.

It makes its attack with abruptness, and without any previous derangement of the

system, (unless from catching cold febrile symptoms be present). The pain generally comes first on each side of the head, but sometimes on one side only; round the ear is usually its seat, from whence it extends over other parts of the head. In ordinary cases the pain is obtuse, and occasionally remits; but it is in other cases so acute, as to be almost intolerable. This most frequently happens when there is a considerable determination of blood towards the head. Sometimes the muscles on the back of the head and neck are affected; and at other times the cheeks and jaws participate in the attack. There is besides, with these symptoms, tension and soreness felt in the parts affected, but the eyes are not much influenced.

It is seldom that this head-ach influences the general functions of the body, except

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when it is connected to some other complaint. There are, however, cases in which patients, from the pain, and a kind of stupor which accompanies it, are unable to follow any kind of amusement or business; but the appetite is in general not at all affected.

In slight cases, the pulse is not much accelerated, being usually about ninety in a minute; but it is soft, and without the characteristics of inflammatory action. Sometimes, however, the temporal arteries, when the pain is situated in that part, throb with such violence as to lead people to conclude that an increased volume of blood is the immediate cause of their suffering. Under that impression they apply leeches to the part affected, which, if the patient be strong, does no great mischief.

The cause of this complaint is obviously

the application of cold and wet to the body when heated, or otherwise. Rheumatism being a latent disease, every thing that has the effect of obstructing the perspiration in those who are susceptible of it, immediately gives rise to an attack in some part of the body. Damp or foggy weather is likewise very apt to induce a head-ach of this kind ; some people have an attack if they get wet feet ; others experience it if their heads be uncovered in the open air for ever so short a time. Sudden changes in the atmosphere are also very frequent causes of rheumatic head-ach.

It may be satisfactory to be able to accurately distinguish this complaint from those head-achs which are produced from very different causes. To do this, we need only consider the following things. The abruptness with which the rheumatic head-

ach appears, may be held as a proof of its not having been caused by disorder either in the biliary or digestive organs, for we find that the affections which such derangements give rise to, are slow in their development. It may be further remarked, that the pain does not remove from one part of the head to another, as in other head-achs, a circumstance which may be distinctly noticed in that which is here treated on.

When the pain is obtuse, the treatment of this head-ach may be very simple: the application of flannel to the part affected, and the exhibition of a purgative, will, in general, remove it. It proves, however, in many cases, unyielding, which may be owing to obstructed perspiration. In that case, I would advise the patient to take some medicine of a sudorific nature, and submit to a little confinement in bed for a short time. Ten grains of

Dover's Powder may be taken at bed-time, and the following draught during the day ; viz.

Take of Acetated Liquor of Ammonia, half an oz.

Sweet Spirits of Nitre, half a drachm.

Wine of Antimony, 15 drops.

Water, 1 oz.

Mix for a draught, which is to be taken thrice a day.

There are cases in which the pain is so intense, as to indicate inflammatory action being about to ensue in the brain or its coverings ; the circumstance of which will call for a much more energetic mode of practice than that which I have above recommended. It will be then necessary to have recourse to blood-letting, either by means of the lancet or leeches. If either mode be adopted, the abstraction of blood must be suited to the age and strength of the patient. Blisters might seem to be serviceable in such cases, but I consider them of little use generally, and quite uncalled for in the milder forms of the disease.

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Bold measures should, however, be resorted to with caution, as it sometimes happens that very severe cases will yield to an opposite mode of treatment, in proof of which, I beg leave to introduce the following short history of one.

About two months since I was called to a gentleman who was labouring under one of the severest rheumatic head-achs I ever beheld ; his sufferings were so intense, and the pain so characteristic of vascular excitement, that I was on the point of taking blood some way or other ; however, on inquiring into his manner of life, and finding that he was of a delicate constitution, and subject to such attacks, I determined to try the administration of opiates, both internal and external. Accordingly, a pill, consisting of five grains of solid opium was immediately taken ; I next directed a liniment, com-

posed as follows, to be rubbed over the whole head.

Take of Soap Liniment, 2 oz. and a half.

Liquor of Ammonia, 30 drops.

Tincture of Opium, 4 drachms.

Mix for a liniment.

The good effects of this practice were soon apparent, for in about ten minutes there was not a vestige of pain remaining, and sound and refreshing sleep followed. It may be necessary to add, that the pulse was not at all augmented, nor were there any other febrile symptoms present, otherwise I should have hesitated at the employment of such powerful stimulants.

Persons who are subject to local attacks of rheumatism, should guard themselves against the transitions of atmosphere, which are so common in this climate. This may be done by regulating their clothing, so as to pre-

vent sudden exposure to cold air. It is equally necessary to protect the head, especially if a person be much engaged where the air has a free current; as it is to such circumstances that we can often trace a rheumatic attack on it. The constant and unremitting wear of flannel next to the skin, under all weathers and all seasons, will do more in preventing these affections than any other precautions.

The uninterrupted flow of the sensible and insensible perspirations, is one of the most important means of health that we are acquainted with; its obstruction may consequently be regarded as one of the principal causes of our acute and chronic maladies: it therefore behoves all those who are subject to colds, to be very careful to prevent such an occurrence. I have before observed, that getting wet feet is on some occasions

the cause of a rheumatic head-ach, particularly among females. When we have reason to conclude that such is the case, some kind of socks should be worn in the shoes; those which are made of curled hair, and covered with soft leather are the most proper. In damp cold weather they are productive of great comfort to the feet, as they not only keep wet out, but preserve a proper degree of heat, both of which are essential to health.

Should a head-ach of this nature prove obstinate under the methods of treatment laid down, and the patient be young, we may be led to suspect that something more than ordinary is the cause of it; such as indiscretions into which young men sometimes fall. Now if that be the case, a plan of treatment ought to be adopted which is imperiously called for by the circumstances

alluded to. I do not think it necessary here to lay down any rules with respect to the matter, because it belongs solely to a personal consultation.

Since the publication of the first edition of this work, I have had various opportunities of employing the preparation of *colchicum seeds* in the treatment of rheumatic affections, and on all these occasions I have witnessed its decided utility. This occurred more particularly in the acute stages of rheumatic fevers; but in the chronic forms of this complaint, I cannot say that I saw such satisfactory results. I must, however, confess, that in cases of the latter description I have not exhibited it so frequently, as I usually trust to local applications for the cure of rheumatism of long standing. The reasons for my not adding a formula for the administration of this medicine is, that

the giving of it requires the judgment of a practitioner, who can prescribe the doses regulated according to existing circumstances. By these remarks, I do not mean to imply that the *meadow saffron* is a deleterious drug; on the contrary, I never heard of or saw any ill consequence to arise from its use.

Whether rheumatism be acute or chronic, whether it be of long standing or recent, it must be regarded as the *opprobrium medicinæ*, as it appears to be one of those diseases which has been for centuries humbling the vauntings of medical science; for it is beyond our power to eradicate its latent existence from the system. All we can do is to palliate existing symptoms, and relieve the suffering invalid according to the rules of art.

PLETHORIC HEAD-ACH.

OF all the species of head-ach to which we are subject, this is decidedly the most important, and chiefly so as it regards its ultimate effects (if not relieved by the interference of art) on either the human frame, or our intellectual faculties. If a comparison be made between it and the other kinds of head-ach, they may be regarded as trivial ; for notwithstanding their obstinacy, frequent recurrence, and painful phenomena, they nevertheless do not appear to abstract from the ordinary sum of human life, or so often lead to ill consequences in the mental structure of man.

The symptoms which mark the character of this affection, may be enumerated under the following observations. A dull and deep seated pain is felt at the top of the head, and across the forehead from one temple to the other. Sometimes the back part of the head, near to the neck, is the seat of pain, and from that point it shoots towards the crown, or behind the ears. Along with the pain there is a peculiar sense of weight, fulness, and giddiness, which conveys to the patient occasionally a feeling of whirling round, particularly if he stoop his head: the eyes are blood-shot, and appear tumid and stiff; vision is somewhat impaired, and, in dangerous cases, nearly interrupted: there may be likewise noticed, certain sounds in the ears in some people, resembling the roar of the ocean; in others, a peculiar humming, not unlike that of bees. This, however, is

but rare, and is not confined to this species of head-ach, for many people experience it when in perfect health.

In some cases, the face strongly indicates the presence of plethora in the brain by the flushing and heat that may be observed ; but in others, it is but a bad criterion, for instead of the above appearance, there is unusual paleness spread over it. Like unto the countenance, the pulse is rather a fallacious guide, for although it will be in some instances strong, hard, and accelerated, yet there are cases in which it is the very contrary, being small, slow, and even soft. These things serve to show us that we should not form our judgment of a complaint by one or two symptoms, but by a combined view of the whole. In very severe cases, and particularly those which proceed from

an injury, all those symptoms are much aggravated, and especially the pain which threatens to usher in delirium.

But there are very many instances of plethoric head-ach being unaccompanied by any of the above symptoms, except the pain (if it can be so called), for it is in those cases only an uneasy sensation in the top of the head ; but it is the absence of acute suffering that renders this malady so dangerous, for, perhaps, whilst enjoying the best health, and amidst a flow of animal spirits, the patient is snatched, by a fit of apoplexy, beyond the reach of the healing art, be it administered by ever so able a hand. It is thus that we every day hear of that terrible disease invading the bosom of families, and causing hilarity and peace to give place to mourning and tears. Yet I do not wish to convey an idea that such sensations are

always the precursors of the consequences just detailed, for there are various symptoms resembling the above which portend no particular mischief to the individual who labours under them. Nevertheless, it is worth his while who suffers in any way by affections of the head, to inquire into their peculiar characteristics:

Whatever things have the effect of augmenting the natural flow of blood to the head, are the causes of this malady. The first to be noticed, is external injuries which the head may have sustained, such as violent blows and shakes. Next to these may be remarked, a preternatural determination of blood to the brain, which frequently arises from disease in the heart or liver; and sometimes in consequence of a plethoric state of the system. Corpulency may also be ranked as a very common cause of head-

achs of this kind; the reason of this is, because the accumulation of fat about the neck obstructs, in some degree, the due return of blood by the jugular veins from the head. Another cause is, the suppression of some long-accustomed discharge from some part of the body, such as the piles; or the too hastily healing up sores on the legs of persons in middle life. I have also remarked, that some females, at the turn of life, experience affections of this kind in a very aggravated degree.

We also find that this species of head-ach is very prevalent among persons who devote their minds to intense study, or abstract them in profound cogitations. Literary pursuits have a great tendency in producing this affection, on account of persons remaining in a stooping position for several hours, which favours the ascent of blood to the head. Another very prominent cause, is the custom

of wearing thick and tight neck-cloths, which operate in the same manner as an increase of fat. If this fashion is detrimental to spare and delicate persons, how much more must it be to men of a robust constitution? But the most prolific source of plethoric head-ach is, habitual drunkenness. It is to it alone that we can often trace the appalling consequences arising from over-distention of the vessels of the brain, which are to be met with amidst the gloom of lunatic asylums, or in the tomb itself. Passions of the mind, however opposite in their nature, such as excessive joy, grief, or great anxiety, are all productive of head-achs of this description ; in short, whatever tends to throw the nervous system, and by it, the heart, into commotion, will not fail in leaving some such effects behind it.

It is of consequence to be able to distin-

guish the complaint under consideration from others which bear some analogy to it, as it regards some symptoms. The necessity of this becomes obvious, when we reflect what a discrepancy exists between the treatment and regimen to be observed in this species, compared with head-achs of a different kind. It may be distinguished from head-achs which proceed from derangement in the biliary secretions, by the pain being less severe, and generally confined to the crown and back of the head; and by its becoming aggravated on either stooping or shaking it. There is likewise a sensation of tightness and fulness in the forehead and nose, symptoms which are very peculiar to this head-ach. From rheumatic head-ach it may be recognised as differing on account of the very sudden appearance of that complaint, and likewise the moving disposition of the pain.

It may, however, be frequently remarked, that a plethoric head-ach is found co-existing with others which I have before noticed; namely, the sick head-ach, and sometimes with the rheumatic.

In treating this complaint, two objects are to be kept in view; the first will be to remove the cause of suffering or danger; and the next to lay down a plan of regimen which will operate in preventing other attacks. The first intention may be obtained by local, or general blood-letting; the latter I think the most preferable, as by that mode faintness is more likely to be produced, a circumstance on which a good deal of the salutary effects of bleeding depends in the treatment of such diseases. To cause it to take place, the orifice in the vein should be made large, so that the blood may flow in a full stream: local depletion is

effected by cupping, and leeches: the former is a favourite method of some practitioners, but I cannot say that it was so productive of benefit in my hands, for when that mode was adopted, I think the symptoms returned much sooner than when blood was drawn from the arm. I have been inclined to attribute that circumstance to the sudden flow of blood into the vacuum which the rarified glasses had caused.

Opening the jugular vein may be recommended with a better prospect of usefulness; but I have generally found that people have a great aversion to this mode of bleeding, which seems to be the reason why that operation is so seldom performed. A very expeditious method of relieving a plethoric head-ach is, taking blood by puncturing the temporal artery; but as the doing of it requires some degree of nicety, and the

blood being likely to gush out rather violently, which is apt to alarm, I think it would be as well not to have recourse to it unless the case be very urgent.

Next to the above practice, the operation of cathartics affords the most decided benefit. The purges that are employed should, I think, consist chiefly of extracts; and if they gripe the bowels a little, they are better, as by that means counter action is produced. Few persons can imagine how efficacious medicines of that class are in removing affections of this nature. Pills made as follows are what I usually administer.

Take of Compound Extract of Colocynth, 24 grains.

Compound Gamboge Pill, 12 grains.

Compound Powder of Scammony, 15 grains.

Syrup of Cloves, a sufficient quantity.

Mix and divide the mass into twelve pills, one or two of which are to be taken occasionally.

It has been frequently remarked by me,

that a powerful cathartic has produced such effects on the vascular system, as to save the necessity of resorting to the lancet, the pulse losing much of its hardness and rapidity. To obtain that object is very desirable, particularly in some cases of this kind, which consist of a continual determination of blood to the head (without there being any very evident cause for it), and which very frequently gives rise to such alarming symptoms, as to call for the most prompt depletion. The reason why a purgative of this description proves more serviceable than that of a liquid form is, because it generally creates more irritation in the bowels in passing through, which causes the blood to be diverted to them, and thereby diminishes the quantity flowing to the head: besides, it lowers the system generally, by withdrawing a portion of nutritious matter from the body, which matter adds richness and velocity to the blood.

In addition to the occasional use of cathartics, I would advise persons who labour under this affection, to endeavour to make a constant practice of pouring cold water on the head in the morning on rising; taking care, however, not to apply it if there be any sensible perspiration, either on the body or on the part affected. The best mode of using the water is, to suffer the cock of the cistern to run while the head is held under it; but if that method be not convenient, a watering-pot may be substituted. By these observations, I do not intend to recommend the *shower bath* that is generally used; on the contrary, I consider its employment for the relief of plethoric head-ach as ill judged, and, in many instances, highly detrimental. The reason for this is obvious. If cold be applied to the surface of the body suddenly, the blood in the extreme vessels in the skin is driven to the internal organs, and most commonly it is propelled to the head with

great violence, and hence we sometimes hear of apoplexy being produced by the application of a shower bath.

Now to the simple washing of the head with cold water, no such objection will apply; for independent of its causing the egress of rednudent blood from the brain, it likewise removes the morbid heat which usually attends this malady. It also proves a valuable source of refreshment to him who consumes the midnight oil in the pursuits of literature; it will give to his exhausted faculties new tone, and enable him to return to his labours with renovated ardour.

For the purpose of at all times keeping the head moderately cool, the hair ought to be worn very short, more particularly in warm weather. It would be also incumbent on those who use hair-powder, to

leave off the custom, as it is apt to obstruct the perspiration, a circumstance that would prove very injurious. This caution seems almost superfluous in the present day, when the fashion has become nearly obsolete; yet there may be persons who experience affections like this, that do not suspect them to proceed from such a cause. It would likewise be necessary to dispense with thick night-caps, as they have a great influence in creating a superabundance of heat in the head. If they be worn, it would be right to have them made of the thinnest texture, such as net-work.

It is of great importance to persons who are liable to this malady, to lie with the head much elevated above the trunk of the body, they should likewise be careful not to suffer any thing tight to be round the neck when in a recumbent posture. Sleep has been

always considered as the “chief nourisher in life’s feast;” yet, if it be indulged in too freely by persons of a robust habit, it has a direct tendency to produce serious affections: to such people, therefore, it will be of consequence to abridge their usual quantum of repose. It would be difficult to fix any precise limitation as to what might be the quantity of sleep necessary to renovate the exhausted powers of the human frame; for we find that there are many persons who can forego their usual rest for several nights together, without sustaining detriment; whilst there are others who scarcely even sleep at all, and yet are in health. All this goes to prove, that a plethoric patient might, with propriety, dispense with a portion of those habits which militate against the sanitary state.

In a form of this malady, which consists of a continual morbid determination of blood

to the head, and which called for the frequent use of the lancet, I have found the greatest benefit to arise from the effects of an issue in the lower extremities. The way in which it operates, is by exciting a discharge of matter in a distant part of the body; by which the blood is diverted from the diseased part to the artificial drain, and thus a kind of equilibrium is established in the circulating system. The most proper part to insert an issue, is in the leg, just below the knee. It should be dressed daily, and kept open until that period of life, "when the blood is tame and humble, and waiteth upon the senses." It may be then healed up with safety, for as old age advances, the vital fluid flows with less impetus than when youthful imaginations and exertions imparted spirit to it.

In recommending the above practice, I

am only reviving that which has been long laid aside, owing to the prejudices of patients themselves, and the physiological pride of medical practitioners, which induced them to reject such a remedy. But I consider practical results as outweighing theoretical conclusions, and to them alone I appeal. It was reasoning from analogy, and some accidental occurrences, that first induced me to try the effect of issues in complaints of this nature. I had frequently observed, that apoplectic and paralytic affections succeeded the drying up of ulcers on the legs, especially when the sores had broken out without external violence. In some people, very severe head-ach followed, and continued until a discharge was re-produced. These things led me to conclude, that by making an artificial sore in the legs of those who suffered from diseases of this kind, it would prove serviceable. I accordingly re-

duced my views to practice, and the result has been such, that I can confidently recommend issues as a valuable auxiliary to the treatment of an obstinate plethoric head-ach.

The following case, which not long since was treated by me, will illustrate the utility of the above practice. A person belonging to the Lord Mayor's household, aged forty, was subject to a determination of blood to the head. He was of a robust habit, and disposed to corpulency. The pain was not acute, but seemed to approach more to giddiness than an uneasy sensation. His countenance was not flushed, but it bore an impression of alarm, arising from the continual dread of apoplexy, to the verge of which he had been often brought; and on several occasions, copious bleeding alone rescued him from death. Indeed, so rapid were the succession of attacks of that kind, that he was obliged

to lose blood sometimes twice in a fortnight. In this manner he went on for two or three years, during which he had consulted several practitioners. Some of them considered it as a nervous affection, and exhibited cordials, such as æther, and the like: others advised cupping and blisters; but these only acted as palliatives: one medical man, indeed, recommended an issue, but it was inserted in the wrong place (in the back of the neck), and, of course, proved injurious; in fact, it only made things worse, and was therefore quickly healed up again.

It was not, however, likely that any benefit could be derived from any of these plans, as his bowels were unattended to, and no attention whatever was paid to regimen. Under these circumstances I was consulted, and on hearing the history of the case, I was convinced that it called for very different mea-

tures. Anxious to give the patient some permanent relief without calling in the aid of the lancet, I commenced the treatment by the administration of drastic purgatives, which did some good. But the recurrence of dangerous symptoms soon pointed out the necessity of employing additional means of combatting them. I accordingly recommended that an issue should be made in the leg, at the same time enjoining the patient to abstain from all kinds of stimulants, and even from animal food. After some hesitation, it was agreed to, and the drain was established, which had not long discharged, before it demonstrated its decided efficacy. In short, before the lapse of a month all serious symptoms were entirely removed, leaving only a slight giddiness, which occurred occasionally, and that only when the patient stooped, or used great exertion. But the principal object was gained, which was to

save the so frequent abstraction of blood ; as for several months there has not been the least occasion for resorting to it, and the individual in question is now enjoying comparative good health.

The above case may be considered decisive as to the beneficial effects of issues in the lower extremities, in the treatment of affections of this kind ; provided, however, the practice be followed up by restraints on the appetite, and a regulated course of living. There are many who object to making an artificial sore in the leg, and thus creating as it were one disease to heal another : but to such persons the question may be put—which of the two is most easily borne, or most likely to lead to unpleasant results ? The trouble attending the dressing of issues forms another ground of objection ; but, I presume to think, that few

would suffer themselves to be deterred from trying the remedy by that consideration. If the discharge should become offensive, in consequence of warm weather, or any other circumstance, it can be rectified by applying a poultice of bread and water, to which a little vinegar has been added; but it will seldom be necessary if due cleanliness have been observed. To prevent any moisture from appearing through the stocking, a piece of oil-skin should be worn over the part.

When we find that a plethoric head-ach is caused by the suppression of some evacuations which are essential to the well being of some people, such as the piles, in lusty men, and the catamania in females; means should be resorted to for the purpose of re-producing them. This may sometimes be accomplished by putting the feet in warm water, or sitting over the steam of it. If this

affection be met with amongst females at the turn of life, and who are inclined to obesity, issues offer the only means of giving relief, more particularly if blood-letting have been unavailing. We have seen that violent grief is sometimes the cause of this malady; when that is the case, the mind ought to be diverted from the cause of mourning, and soothed by the voice of friendship. In addition to that, it would be proper to keep the patient on low diet, as a state like this is sometimes the prelude to mania. Corpulency is often the most evident cause of head-ach of this kind, for by it the blood is prevented from returning from the head in the same proportion as it entered that organ. Persons disposed that way, ought to regulate both their diet and general habits, so as to prevent an increase of robustness. The student who suffers from these kind of head-achs, must be admonished to relax from his

pursuits, when they interrupt the due march of health. How many are there who, in striving for the literary honours which a university holds out to her votaries, lose the means of enjoying them by the consequence of over mental exertion. Others, who derive pleasure from books, sometimes carry the predilection to such an extent, as to lay the foundation of disorders which may, in after-life, mar their comfort.

Diet and regimen are important branches of the treatment of this complaint, as they not only assist in removing the more urgent symptoms, but are also the best means of preventing the return of attacks. It is particularly so to those persons who have a tendency to general fulness of habit, which has been noticed as one of the principal causes of plethoric head-ach. To such, therefore, the following rules will apply, if they can

summon sufficient resolution to forego the use of such things as are held, by some people, to be essential to their comfort, and even to their existence.

In head-achs of a particular obstinate nature, it will be necessary for the patient to abstain from all kinds of animal food, and to adopt a low unstimulating diet, such as bread and milk, or tea and dry toast ; but if these be unpalatable, dried or ripe fruits may be substituted. This course should be persevered in until all traces of pain and giddiness be removed. It will be equally requisite to give up all irritating liquors, such as spirits, and the like. Now with respect to the latter, no rule can be mentioned as to their resumption, as I consider such things as by no means necessary to our well being, unless it be at the period of old age, when the natural heat of the body is on the decline.

There are some persons who think, that by changing from a full to a low diet, some deleterious effects would accrue to the constitution; but, generally speaking, the idea is erroneous, and I doubt whether there be any person who could ascribe any one disorder to such a circumstance; on the contrary, he who dispenses with stimulating drinks will find both his strength and spirits not at all impaired. These observations will, however, chiefly apply to those persons who have a disposition to get fat.

But a greater inducement to conform to a spare diet, will be found in its tendency to subdue arterial excitement, by diminishing the nutritious principle which is continually adding to the vital stream when a person is in possession of full health. Now it is to that we can not only trace the augmentation to robustness, but also the under flow

of blood towards the head. Habitually indulging in the use of ardent spirits is attended with still worse consequences, and may be aptly compared to the taking of slow poison; for, together with stimulating the brain to an improper height, it injures the coats of the digestive organs. To such deleterious habits we may ascribe the rise of most of the diseases which shorten the span of human existence; and, in most instances, they operate immediately in cutting off the career of the determined inebriate. Although there may be some drunkards who pass the meridian of life, apparently in vigour, yet its early decline is accompanied with symptoms that denote their remote cause. Thus the tremulous hand, the palsied limbs, and faltering tongue, indicate that death already lays claim to his victim.

Fermented liquors of any kind, but espe-

cially those made from malt, are just as pernicious (or perhaps more so) as spirits, to persons who are subject to affections of this description. The narcotic principle that enters into the composition of malt liquors, renders them particularly objectionable, for it operates in inducing a sluggishness of the veins, which prevents them from transmitting the blood from the different organs with the same quickness as it is propelled into them by the arteries ; and hence we find that congestion of blood in those organs takes place. It is thus that great beer-drinkers are generally sufferers by plethoric headaches, which are often generated by the sleep which such things never fail in producing. There is no time in which the blood ascends to the head with greater rapidity, as during a nap after dinner. This may be accounted for from the circumstance of digestion being favoured by a state of repose,

and by it the pulse is considerably augmented.

As to the time for taking meals, I consider it of great consequence, as irregularity in that respect is very likely to produce a disposition to this affection, particularly if they be taken at late hours. On this account, I would advise dinners to be taken somewhat early, perhaps one o'clock, but never after three. If suppers be desired, they also ought to be eaten at a sufficiently early time to enable the stomach to digest its contents prior to going to bed, for it is not prudent to retire to rest with that organ full. It would be, however, very desirable if supper could be entirely dispensed with: at all events, neither meat or strong drinks should form a part of that meal, nor should it be taken to satiety. If a person be in a recumbent posture, and the stomach is distended by aliments, it

is apt to press on the great blood-vessels, by which too much blood is thrown on the brain, and thus apoplexy is sometimes produced.

Although sleep is properly considered as one of the greatest means by which health is preserved, yet if it be indulged in to too great a degree, it is apt to lead to a very opposite state; and this is particularly observable amongst those of a robust habit of body. It is therefore incumbent on them to curtail the hours which are devoted to repose, to such an extent as not to detract from the restorative power of sleep, and yet prevent it from increasing the determination of blood to the head.

Clothing is another thing which ought to be attended to by persons who are subject to this species of head-ach. It should be so regulated as to prevent the changes of atmosphere from affecting the system: for that

purpose a flannel waistcoat ought to be worn next to the skin in those parts of the year in which such changes are likely to take place ; for instance, *Winter, Autumn, and Spring*. It is of prime importance to keep the feet uniformly warm and dry, for nothing is so injurious to the constitution as cold wet feet. To prevent it from occurring, strong shoes should be worn, which, together with woollen socks, produce, not only comfort, but a proper degree of warmth. And here I would particularly caution robust people not to retire to bed with cold feet ; as when that is the case, the blood is very likely to fall upon the brain, in consequence of its not being equally circulated. Fur caps, heavy hats, and, in short, any thing that has the effect of inducing heat in the head, must be laid aside ; and straw, or chip hats substituted in lieu of them. If travelling in winter, and the weather be very severe, there can be no objection against the

wearing of furs; but in towns, and especially in doors, they will prove injurious.

In enumerating the causes of plethoric head-ach, I mentioned the fashion of wearing thick neck-cloths as being one of the most apparent. Now if an affection of this kind can be traced to that circumstance, I conceive it to be almost needless for me to recommend the discontinuing of it: at all events, a stiffener should never be worn with a handkerchief by those who are subject to a fulness of the vessels of the brain. When it is considered how close to the heart these vessels are, and how easily their action is augmented by being situated so near it, the above admonition will not be held as wholly uncalled for. The external jugular veins which pass down on each side of the neck, just under the skin, are very readily obstructed; they are for the purpose of transmitting blood from the external parts of the

head, to the central organ of the circulation: it is therefore obvious, if any thing is worn round the neck with any degree of tightness, so as to prevent the flow of blood downwards, we may expect bad consequences to arise. Independent of the obstruction which a neck-cloth creates, it adds to the impetuosity with which the blood ascends to the head, by the warmth which is excited in the part.

The alarming increase of apoplectic fits for several years past, has naturally given rise to the question,—what do they proceed from? Various opinions have been given by writers on the subject, but none appear to be satisfactory. Thus we are told, that to the inordinate use of malt and spirituous liquors; to the anxiety attendant on commercial pursuits, which have increased greatly within the last century in this country; and to an hereditary dis-

position, like many other diseases, we are to ascribe the causes of that terrible complaint. Now as to the first position, it is not borne out by historical observation; for it must be recollected that, beer was drank to a much greater extent two hundred years ago than in the present day, for it, at that period, constituted the usual beverage, of not only dinner and supper, but also of breakfast, and that, too, amongst the very highest classes of the community. As to the second position, it certainly rests on a better basis, but even this will not do; for we do not find that sudden deaths are more prevalent among merchants than any other class. With respect to the idea of apoplexy being transmitted from parents to their offspring, it is certainly more feasible; for we may observe, in many instances, that a son will expire in the same manner and at the same age as the father had done before him;

yet we seldom find the female part of a family so disposed, when even so many circumstances connected with that sex, conspire to aggravate a morbid flow of blood to the head. Thus these opinions are no proper solution to the question, as the disease cannot, in general, be traced to the above causes.

Now from all the consideration I have given to the subject, and coupling it with many corroborative circumstances, I find no hesitation in coming to the conclusion, that the prevalency of apoplexy is owing, in a great measure, to the introduction of the custom of wearing cravats. This observation will appear less extraordinary, when we call to mind the fact that this addition to our dress was not adopted until the sixteenth century, previous to which period, the disorder in question was met with but as one to

three, compared to the present. In that day, the neck was divested of every kind of covering except a slight frill, which contained no warmth; and instead of detracting from dignity, it added much to the majesty of the countenance. A mere shirt collar was worn on the neck by some people, but it did not operate in augmenting vascular action there.

But I find another proof of the feasibility of my remarks, by the circumstance of females being less liable to apoplexy than the opposite sex, although the nature of their economy, and the frequency with which obstructions take place with them, might be supposed to lead much oftener to the complaint. Now we find that their necks are not enveloped in padded ligatures, and consequently the proportion of sudden deaths amongst them is much less than in men.

It would appear, that not only is disease the consequence of an alteration of fashion, but may we not also inquire, whether it has not militated against the emanations of genius? * To what are we to ascribe the manifest falling off of talent in the present century, compared to that of the preceding? Does the page of poetry, of the present day especially, exhibit the brilliancy of imagination, or the sublimity of flight which characterised that of the Miltons, the Drydens, and the Popes? It is true, that at present there is no paucity in the numbers of the aspirants to poetic fame; but, with the exception of a few, the works of modern bards must pass down the stream of oblivion, without purchasing for their authors the

* It is rather curious that one of the poets should have exhibited a practical proof of what I am here contending for, when he wrote

. at some dear idle time,
Nor plagued with head-ach, or the want of rhyme.

“ storied urn or animated bust.” It cannot be wondered at that the mind should be less creative, or the fancy less excursive, if the vessels of that organ from whence it springs, be congested with an undue quantity of blood.

On these grounds I would recommend to all classes, to cease to swathe their necks with thick cravats, seeing that the custom is attended by such evil consequences.

ON INDIGESTION.

As disorders of the stomach, and of those organs which co-operate with it in the functions of digestion, are sometimes the proximate causes of some of the species of that malady which has been portrayed in the foregoing pages, I feel it incumbent on me to detail the nature, causes, and treatment of a complaint, which has become so prevalent of late. But, previous to the history of indigestion, it may be interesting to the non-medical reader, to be made acquainted with an outline of the physiology of digestion under the favourable circumstances of health.

Digestion is one of the great subsidiaries of animal life. If it be uninterrupted, either by disease or any other adventitious circumstance, it adds vigour not only to the body, but also to the mind. The first movement of the process is that of chewing, which commences on the reception of food into the mouth; and by which it is amalgamated with the saliva or spittle. That fluid is secreted by various glands, which are chiefly situated in different parts of the mouth and throat. The principal secreting glands are, however, placed on each side of the face, just under where the whiskers usually grow, and from whence a canal conveys the liquid into the mouth. There it is met with at all times, but during mastication it is much increased. The saliva is so important to the purposes of digestion, that if it be wanting, that process will be impaired. This observation is particularly applicable to mankind,

for we find that other carnivorous animals appear sometimes to dispense with the act of chewing.

After the food is well mixed with spittle, and broken with the teeth, it is swallowed. On arriving in the stomach, that organ begins to perform its share in the process. One of its coats consists of muscular fibres, which contract and dilate according as the circumstance requires. Another of its coats secretes a fluid which is not unlike, in appearance, that which is peculiar to the mouth; it is called gastric juice; and so essential is it to this part of the operation, that digestion cannot be performed without it. Its particular properties are but very little known; but this we know, that it will dissolve many things that contain nutritious matter, and that of dogs will even effect the dissolution of bones: indeed, gastric

juice possesses that principle so remarkably, that there have been instances known where the stomach itself was acted upon by it. Now this is somewhat extraordinary, for this fluid presents nothing to the eye, nor to the taste, to indicate its solving property. It is probable, however, that it may owe some of that quality to the circumstance of being mixed with the saliva which is found amongst the food on its being swallowed. The mysterious action of the gastric fluid on the aliment, is one of those hidden things which physiological investigation has been hitherto unable to unveil.

As soon as the combined operation of the fibres of the stomach and of the gastric fluid has converted the food into a pulpy mass, which is something of the consistence of thick soup, it is slowly propelled through the lower orifice of that organ. To it is

attached a large intestine, which, from the nature of its office, ought to be called the second stomach. It is in that organ that the second and most principal stage of digestion is completed, for without a proper admixture with bile, the food would not yield any nutrition. Now in this large intestine, the aliments not only receive a proportion of that fluid, but also of others; such as the pancreatic and splenic, which are not, however, so essential to nourishment as bile. That important fluid is of two kinds; one is secreted by the liver, and the other by the gall-bladder. But previous to their meeting with the food, they become united by means of a common duct, to which that coming from the *pancreas** also joins. The canal carrying these combined fluids is inserted into one side of the large intestine, and whenever it is full, a sufficient quantity is

* This gland is similar to the sweetbread in quadrupeds.

poured out to mix with the food that is passing.

When a proper quantity of bile has been amalgamated with the alimantal mass, the process of separation begins. This consists of dividing it into two portions, one of which is called chyme, and the other chyle: the latter of these is a cream-like fluid; the other is that which passes off by stool. The chyle is the principle from whence we derive all our strength; it is chiefly separated from the food while passing through the bowels, and from thence it passes by means of vessels called *lacteals*, to the blood, into which it is diffused, and transmitted to all parts of the body. Whilst digestion is going on, there is a chilliness generally experienced: this is produced by the blood flowing from the skin to the stomach, to supply energy to that organ, and also to add to the secreting

power of the various glands which are employed on that occasion. Some people feel drowsy after a meal ; which may be owing to the pressure which the stomach, when full, makes on the blood-vessels, by which determination of blood to the head is produced.

To the operation of digestion the nervous system affords considerable aid. Indeed, recent experiments have shewn that it is totally obviated when the nerves which go to the stomach are paralyzed. This circumstance may serve to throw some light on the causes of the morbid deviations in those organs. Upon the whole, digestion is a process of unrivalled magnificency, and displays, in an eminent degree, the hand of an intelligent Creator. By it the blood is continually regenerated, which is the medium of invigorating the whole system. It furnishes that princi-

ple by which the life of man is preserved for a succession of years, in defiance of the presence of disease, and the threatenings of our "last enemy." It is therefore worthy of our study, whether we labour under the influence of disease, or are in possession of the most invaluable of all blessings, health.

Having thus laid before my readers an epitome of that process by which they derive nourishment, I proceed to detail the history of a complaint, which consists in derangement of those organs by which the functions of life are so materially assisted.

INDIGESTION is a complaint which is not confined to any particular class of people, neither does age or sex find any exemption from its attacks ; for I have remarked it in the tender period of infancy, and in that of decrepid old age ; and as to sex, I believe it is equally

met with in one as in the other: females, however, may be said to be most susceptible of it.

The disease may be divided into three stages; the first being characterised by weakness of the stomach and derangement in the biliary organs: the second consists in a chronic inability in the stomach to perform its functions: the third stage is marked by organic disease taking place.

Most of the leading symptoms which indicate the first stage may be comprised under the following observations. Soon after a meal, especially dinner, an unpleasant sensation is experienced at the end of the breast bone, accompanied with a feeling of weight and oppression, which continues until the stomach has passed its contents in the usual direction, or expelled it by vomiting. There is also

an inclination in the fluids taken, to turn sour; and in some cases they are converted into a strong acid, which gives rise to the complaint called *heart-burn*. This disposition to acidity is created by a vitiated state of the gastric juice, which is sometimes aggravated by the use of too much vegetables and fruits. Some people feel a soreness in the stomach, which appears to extend up the gullet, and when meat, or any other solid food is swallowed, it seems to scrape as it passes. The tongue generally affords a very striking indication of gastric disorder, by its presenting a white furred surface. But there are cases in which no perceptible alteration takes place upon it. In the morning, however, it is almost always coated with a viscid kind of mucous, which, to the patient is very disagreeable, and he endeavours, by means of a scraper, to remove it. It may be also remarked, that

the mouth often points out this stage of the disease, by its being subject to sores ; gum-boils are also frequently the effects of it. The taste is sometimes impaired, and often indicates the prominent features of the disorder under consideration, for in some people there is a bitterness experienced, which shews the biliary secretions to be too abundant: others find a sour taste in the mouth, which is an evidence of acidity on the stomach.

It may be observed in most cases of indigestion, that the bowels are very irregular, being sometimes obstinately costive, and at others unusually loose. The former of these states is, however, the most common, which may be owing to the imperfect manner in which the bile is supplied, or to its total absence. The purging is usually induced by the food passing through the intes-

tines when but half digested, and being, in that case, extraneous matter. The stools are generally of a dark colour, nearly approaching to black ; but if the secretion of bile be suppressed, they are generally of a pale clay appearance, and sometimes the excrements resemble street dirt. Flatulence, more or less, is almost always an attendant on every stage of this complaint, and in many instances, it is the cause of spasms in the stomach. When wind gets into the bowels, it creates great uneasiness ; it is particularly apt to do so in the morning, before breakfast. The urine varies in colour and consistence, it being sometimes of a light aspect, and clear, but most generally of a deep red colour, and in the advanced stages it deposits a sediment resembling brickdust ; on some occasions there is a white settlement at the bottom of the vessel containing it, when it has stood some time.

Sleep is disturbed, and a night's rest fails in communicating to the body that refreshment which nature intends it. When the patient is in bed, a feverish heat extends over the skin, but in many cases it is confined to the hands and feet. Under these circumstances, distressing dreams are caused, which harass the patient during the night. Night-mare is almost exclusively confined to those people who are subject to stomach complaints. Amongst females, we may remark hysterical disorders to be prominent; and indeed, in both sexes the nervous system is a good deal impaired. Debility, both of body and mind, is a concomitant of indigestion; nor should this surprise us, when we consider the controul which the corporeal system exercises over that of the mental.

Another symptom of some cases of this

kind, is palpitation of the heart, which sometimes becomes very distressing. A short hacking cough often accompanies that affection, which serves still more to disturb the action of the stomach, especially when that organ is digesting its contents. This circumstance frequently gives rise to a spasmodic movement, called *hickup*, which, if it happen to the strongest stomach, will obviate its healthy evolutions. It might be supposed that, in cases where the power of digestion is so materially deteriorated, the appetite would be wholly removed ; but this is seldom or ever the case, for we find that most dyspeptics feel regular returns of hunger at those periods which are devoted to eating ; yet this may be regarded more as the effect of habit, than healthy calls for food. It may be further remarked, that such persons are very particular as to the cooking of their food, and generally prefer things that are

highly seasoned, rather than less relishing aliments.

Nevertheless, the appetite in many cases is very variable, it being sometimes voracious; and on other occasions the patient is quite indifferent whether he eat or not. There are, however, times in which a feeling of hunger is experienced, but the sight of food cloy the appetite, and disgust often follows. Fat meats are generally repugnant to persons who have a disposition to bilious attacks: we may also observe, that breakfast is seldom an acceptable meal to such people, but they eat it more from the desire of getting strength than from hunger. In cases of long standing, but which belong to this stage of the complaint, thirst is often a symptom, particularly after a meal. Amongst patients who have complained of it, I have remarked that they were subject to a collection of

phlegm or froth on the stomach, which is sometimes hawked up in considerable quantities. But when it cannot be brought off the stomach, it causes it to become very flaccid, especially towards night. This, however, is chiefly met with among elderly persons.

The Second Stage of Indigestion is remarkable, on account of the foregoing symptoms becoming more aggravated, together with an accession of others, which indicate that organic derangement has taken place in the stomach and liver. The former of these organs now performs its functions much worse than at the commencement of the complaint ; and when pressure is made on it, a good deal of pain is produced : indeed, a general irritation of the internal membrane of the stomach may be observed, together with a strong disposition to spasms. There

is also, a manifest deficiency of gastric juice, the importance of which has been before pointed out, from which it may be concluded that digestion is not properly developed. The appetite does not undergo much alteration ; but it scarcely deserves the name of appetite, for it is more a morbid movement in the stomach, than the true feeling which the gastric secretion creates. In this stage we generally find that the liver is the seat of disorder, which sometimes consists of congestion of blood in its veins, causing a general impediment to the proper functions of that organ. In some cases, it appears as if a kind of sub-inflammatory action were going on, for when the fingers are pressed on the liver, much uneasiness is experienced. This I think is most commonly found on the right side, and often on both sides. There is also a sensation as if a cord were tied tight round the body. The same

thing causes females to wear their stays loosely laced.

When the liver is affected, the secretions from it are irregular ; there being on some occasions a paucity of bile, and at other times a redundancy of that fluid. The latter is produced by irritation of the gall-bladder, which causes it to throw out more bile than there is occasion for ; and, in that case, either a severe bilious head-ach, or a more distressing complaint called *colera morbus* or vomiting, and purging is produced. In warm climates, that affection is not confined to any particular class of persons ; but in this country I have remarked, that bilious dyspeptics are particularly disposed to its attacks. It is in this stage that gall-stones are formed, more especially when the duct leading from the gall-bladder is obstructed. The formation of them is, however, of rare occurrence.

It may be noticed, that the pulse acquires an increase of fulness and quickness, particularly in those cases where the stomach is the seat of pain. This I have remarked among the more robust class of persons who labour under indigestion; but the pulse, in several instances, is small, and imparts to the finger a vibrating sensation. But it is chiefly observed among women of a delicate frame, who are subject to hysterical affections. The lungs is affected with an irritable cough, which mostly harasses the patient at night, and serves, with other things, to destroy sleep; joined to it, is a difficulty of breathing, which nearly approaches asthma; and although a quantity of phlegm is coughed up, yet it does not seem to yield much relief. In this stage, those persons who have a pre-disposition to gout, experience its attacks in very acute forms. That disease is produced by an effort of nature to throw off

something that is oppressive to her. It sufficiently indicates to persons who are subject to the complaint, to attend to the digestive organs, for it is clear that the source of gout may be found in the stomach.

Piles is a complaint that is met with in every form of this malady, whether at its first onset, or at the close of its more chronic stages. From this circumstance, I have been often ready to conclude that this peculiar affection of the lower intestine, was the primary disease, and that indigestion was merely symptomatic of that complaint: indeed, I am convinced, that in some cases, the conclusion will hold good, for I have known instances in which piles made their appearance, long before any dyspeptic tendency was perceptible. Nevertheless, the disorder in question must be regarded, in a majority of cases, as being purely symptomatic of

indigestion. In like manner, a stone in the bladder, or gravel in the kidneys, have been productive of gastric derangement, and on some occasions constitutes its only cause. But still, in a great variety of cases, the deposition of calcareous matter in the urinary organ may be readily traced to disorders in the stomach.

In proportion as the functions of the stomach become impaired, the mind suffers in the same ratio. Despondency and gloom take possession of it, and the patient persuades himself that he will be no more blessed with health and vigour: he feels comfortless, being alternately chilled with cold, or under the influence of febrile excitement: the bowels are pinched with colicky pains, arising from wind pent up in the large intestines: in many cases the ejection of stools is effected by violent straining, which

causes spasms of the rectum, the pain of which is almost intolerable. The march of debility gives rise to several acute affections, in various parts of the body, particularly nervous head-achs, the different species of which I have before treated on. Some persons are inactive and lazy, which serves to increase the disease: this unwillingness to take proper exercise proceeds from the general weakness that pervades the whole system, by which the least exertion is rendered fatiguing: the countenance is in general pale, and inclining to sallowness: the eyes are sunk, and divested of their usual animation: in short, every part of the body, more or less, participates in the deterioration which is produced by disorder of so important a process as digestion.

The Third Stage of Indigestion may be characterized by a train of symp-

toms, which denote that a change of structure has taken place in some organs, the health of which is of vital importance to the well-being of an individual. The organ principally affected is the liver, which becomes indurated, so as to prevent it from performing its proper functions; and in some cases it is much enlarged by an accumulation of water, or an increase of its structure. Any change that occurs to it, may be detected by the touch, and sometimes it is perceptible to the eye by the bulging of the side affected.

If the liver be affected in any way whatsoever, the brain will very soon evince its sympathy, by becoming painful. Hence we find, that a head-ach which is produced by irritability, is met with in this stage of the disease. Sometimes the pressure which an enlarged liver makes on the great blood-vessels,

causes a determination of blood to the head, by which apoplexy and paralytic attacks are produced; indeed, morbid changes in the internal organs constitute a very prominent cause of those head-achs which arise from an increased flow of blood to the head. This circumstance serves as a caution to us, that when searching for the causes of that affection we may not overlook the principal one.

In the stomach, the leading symptoms of chronic indigestion are less marked than in those organs which immediately approximate to it. Thus it may be remarked, that although the gastric fluid may be deficient in quantity, and vitiated in quality, yet still digestion goes on, but of course in a very imperfect manner. The reason of this is, the patient does not take more food than is just sufficient to supply the demands of nature. Yet it does not arise from genuine

hunger, but rather from a natural desire to preserve life in the way that our Creator ordained it. Yet, the digestive process is attended with many distressing feelings, such as fever, head-ach, a difficulty of breathing, and sometimes a cough and hiccup.

But it is in the lungs that the disease makes its chief ravages. This seems to arise from sympathetic irritability of that delicate organ, which causes actual consumption of its texture. But such cases are generally to be met with in a class of people whose lungs are predisposed to disease, such as persons usually denominated consumptive. Yet, disease in the liver is sometimes the primary cause of the pulmonary irritation, as an abscess in that organ has been often known to discharge its contents into the lungs, which of course produces the most se-

rious consequences. In the decline of life this stage of the complaint is very apt to induce some of the species of asthma. The most common is the serious species of that complaint.

The other organs belonging to the chest are likewise morbidly influenced, as we sometimes find that an accumulation of water in the membrane that surrounds the heart is produced. This complaint frequently causes that important organ to enlarge, which is denoted by palpitations and irregularity of pulse, and accompanied by difficult breathing, especially when the patient attempts to ascend an eminence in a hurry. But the water most commonly collects in every vacant part of the chest, and encompasses the lungs on every side, which produces a train of very distressing symptoms. The most prominent of these, are an

anxious countenance, quick pulse, and pain at the lower part of the breast bone, together with swellings of the hands and ankles. Add to these, short and laborious respiration, and cough.

In some very aggravated and deplorable cases, an obstinate purging supervenes, which resists the application of the most powerful astringents. When this happens, we may suspect that something wrong is going on in the intestinal canal, such as ulceration of its internal coat. Sometimes the bladder becomes irritable, which proves extremely distressing to the patient, who feels a constant desire to void his urine. The colour of that evacuation varies very much, being at times quite limpid, and frequently it is of a high colour, and deposits a red sediment after standing. Sometimes ulcers break out in the legs, and

prove very obstinate under every mode of treatment. On some occasions, if piles forms a part of the symptoms, it is apt to degenerate into *fistula in ano*; but this is very uncommon.

The countenance strongly indicates the decline of health in the various organs which constitute the great means of sustaining life. Thus we may observe the face sallow, and shrunk; the cheeks hollow, and divested of colour, except the hectic flush which overspreads them towards evening; the nose is sharp, and appears as if the skin were drawn tight across it. Some of the senses become impaired, whilst others are sometimes quite lost: this is particularly observable in the eyes, which are subject to an inflammation that very often terminates in total blindness. The great prevalency of diseases of the eye, may with justice be ascribed to stomach

complaints. In like manner deafness is often produced, for it is very common to meet with a dyspeptic person deaf of one ear, or at least partially so.

Having given the reader an outline of the leading symptoms of indigestion under its various forms, I shall now proceed to investigate its diversified causes.

Indigestion is caused by every thing that has the effect of debilitating the muscular energy of the stomach, or that in any way tends to impair the secretion of either the gastric juice or bile. The principal causes may be stated under four heads, viz. ; climate, clothing, habits, and diet. A less general cause of the complaint may be found in the effects of severe illness, which called for a debilitating plan of treatment : climate may also operate in in-

ducing it, if transitions of atmosphere be frequent; or, if the weather be unusually hot beyond what we are accustomed to, we often find, that the hot season gives rise to various complaints, but particularly in the stomach and bowels. Thus bilious purging, or vomiting and purging, are produced in those persons who have a tendency to gastric or bilious diseases. It may also be remarked, that people of a relaxed habit of body have their stomachs easily influenced by general debility. There is another class of persons, in whom changes of weather produce internal disorder; but they are strong and robust, and are affected by the blood being repelled from the skin to the stomach and liver where it excites irritation.

Clothing, which is dictated by the whims and caprices of fashion, is also another great source of indigestion. I allude to the wearing

of tight stays on the part of the female sex, and also to some men. By binding up the stomach and other organs, their proper evolutions cannot be performed ; nor can the peristaltic action of the intestines be duly exercised. The waistbands of breeches have a similar effect, if they come over the stomach and button tight. But this is not all, for not only does pressure on the bowels lead to such results as are stated above, but it has other effects, which, operating remotely on the stomach, produce constipation.

Dissipated habits are another cause of disordering the digestive organs. This is chiefly to be found among the higher classes, who are sometimes content to purchase pleasure at the expense of pain. Late hours, and a fatiguing round of vapid amusements, are sure to lead to some disease by which life is shortened ; for it is not only the relaxation

which dissipation produces on the system, but the perspiration is obstructed by passing from highly-heated rooms to a cold coach. In short, there are many things that militate against the health of the votary of pleasure.

But the most fruitful source of indigestion, in all classes of society, from the peer to the peasant, is irregular and unrestrained diet, for here we can readily trace the evils arising from repletion, on the one hand, and the ill effects of suffering the stomach to be too long empty, on the other; nor is the epicure exempt from the consequences of searching after the most inviting and palatable aliments. I often wonder how the stomach can digest the heterogeneous mixture which the extra-natural appetite calls for: thus we frequently see an individual swallowing at one meal, acids and alkalis, sweets and bitters, cold vegetables and boil-

ing soups. Such is the inconsistency of the animal who possesses intellect exclusively !

Perhaps a still more evident cause of this complaint may be ascribed to habitual intoxication by either spirituous or malt liquors ; even if they be taken in a very moderate quantity on an empty stomach they are sure of producing more or less disorder. But the free indulgence in the use of ardent spirits, is replete with the most appalling consequences to those who are so addicted, for all the symptoms of the advanced stages of this disorder may, with perfect propriety, be traced to that detestable habit. If one drunkard were brought to the bed-side of another, whose life was terminating from the effects of a course of inebriety, it would, I think, cause him at once to leave off the propensity. But this is not the place to moralize. When stimulating things are applied

for any length of time to the stomach, that organ is rendered so used to the excitement, as to require the stimulant to be increased on every subsequent occasion ; and it is thus that indigestion is often produced. *Dram* drinkers are subject to a disease called *water brash*, which consists of vomiting up clear water from the stomach, chiefly in the morning.

Amongst a certain class of people, the habit of smoaking tobacco is an exciting cause of this malady, as it operates, in one shape, by causing too great a secretion of *saliva*, which, instead of being swallowed, is spat out, and that too in such quantities, that few would imagine. Thus wasted, that fluid cannot give its share of aid to the process of digestion. The stomach is remotely influenced by the habit, as its action becomes irregular, and the gastric fluid may be diminished in quantity. But

there is a more powerful objection to the use of tobacco, whether by smoaking or chewing, for it is a deadly poison. There can be no doubt but that the coats of the stomach are injured, by means of a portion of the juice of that herb getting into it. Now this is sufficiently indicated by the sickness and faintness which a novice in smoaking experiences. It also operates in a similar manner if thrown into the intestines, which proves how deleterious it must be to the system.

The pursuits of commerce, sometimes give rise to indigestion, particularly when carried on under personal confinement in an impure atmosphere. Thus a trade which requires the body to be bent forward, and is conducted under some mental exertion, is very apt to disorder the digestive organs, and to create obstructions in the liver. The same observations will apply to all persons

whose avocations are of a sedentary nature, and also to those who devote their attention to either legal or literary objects. In like manner, great mental abstraction may lead to dyspeptic complaints, by the call which it makes on the nervous influence, which is of the first importance to the health of the stomach. It was thus that the first of philosophers*, was in the habit of forgetting whether he had eaten his dinner or not.

Living much on a slop or liquid diet, may be also reckoned as a mean of inducing debility in the stomach. This is particularly remarkable among females who are fond of large potions of tea or coffee. The same observation is applicable to persons who make soups and broths constitute the chief part of their dinner. The stomach becomes relaxed, and unable to perform its

* Sir I. Newton.

functions if it be distended with liquids such as the above. Eating late and hearty suppers of such things as the stomach finds a difficulty in dissolving, is another cause of this complaint. Now although our food is digested much quicker when the body is quiescent, yet sleeping in bed after a meal offers many impediments to the proper completion of that process. One of the chief of these is, that when a person is in bed the body is universally relaxed, under which the stomach loses much of its energy. It may be further remarked, that if the blood be equally distributed over the body, or lodged in the head, there is not a proper supply for the digestive function ; and this is most commonly the case when we are warm in bed.

Every thing that tends to detract strength from the body generally, likewise causes the

digestion to be impaired. Amongst these may be mentioned luxurious habits, such as lying long in bed in the morning, particularly in warm weather. It may be frequently observed, that indigestion comes on after a person has recovered from a long illness. This is owing to the shock which the nervous system had sustained both by the effects of the disease, and the practice adopted for its cure. Thus the nerves that supply the stomach are weakened, which constitutes one of the most prominent causes of this complaint. Another great means of effecting the nerves are, passions of the mind, such as joy, grief, love, &c.: in short, all things that cause the mind to deviate from its wonted serenity, are productive of indigestion. In females of a weak fibre, a cause may be found in the profuse discharge of the menses, and sometimes that affection is accompanied with the *whites*, a disorder which wears

down the body as much as any that I am acquainted with.

Having inquired into the symptoms and causes of indigestion, I now proceed to detail the medical treatment which ought to be pursued, together with the regimen to be observed, in order to effect a cure. When the disease presents itself to our notice, the first object will be, to ascertain its immediate cause, and to trace whether it be dependant on any other disease, or merely the primary one ; or if it be complicated with other maladies.

We have seen that in the first stages of the disorder, the bowels are irregular, varying from costiveness to preternatural looseness. The former state most generally prevails, and, in fact, gives rise to the more mild forms of the complaint. In that case

a tolerable brisk cathartic should be given, until there be a free evacuation of the contents of the intestines. After a sufficient purging has been induced, we can ascertain, by an inspection of the stools, whether the biliary secretions are either defective in quantity, or too abundant. This is of great importance to the proper treatment of indigestion, for I am of opinion, that unless there be either a redundancy, or a paucity of bile in the alimentary canal, the administration of the *blue pill* is unnecessary and uncalled for. I am led to make these observations, from having seen that medicine, on some occasions, manifestly aggravates the disease. It must, however, be confessed, that such cases are but rare; nevertheless, in all mild cases, it will be as well to resort to vegetable purges for removing constipation. One of the best of these, is rhubarb, which not only operates

efficiently on the bowels, but is very grateful to the stomach, from its tonic qualities. Its astringent properties are, however, apt to leave a disposition to costiveness in the bowels, which therefore makes it necessary to combine it with some neutral salt. The following is the mode in which I have given it.

Take of Rhubarb in powder, 15 grains.

Sulphate of Potass, 30 grains.

Tincture of Sennæ, half a drachm.

Peppermint Water, 1 oz. and a half.

Mix for a draught.

This medicine ought to be repeated twice a week for a short time, if there be a disposition to constipation, but not if the bowels continue loose, because strong cathartics are improper in cases of this description. When purging appears to have given rise to the disease, it must be immediately restrained by means of astringents. But care must be taken not to induce an opposite state. Those

medicines of a warm absorbent kind will be the most proper to correct that tendency: thus for instance ;

Take of Aromatic Confection, 10 grains.

Prepared Chalk, 5 grains.

Tincture of Opium, 10 drops.

Tincture of Cardamoms, 1 drachm.

Mix for a draught, which is to be taken every four hours, until the purging ceases.

Some practitioners recommend the treatment of indigestion to be begun by giving an emetic, the object of which I cannot clearly see, unless the stomach be foul, or oppressed by something that will not readily pass through its lower orifice. Yet I consider them unnecessary in all stages of the complaint, and sometimes hurtful, for it must be acknowledged, that the straining which ensues from an emetic cannot improve a debilitated stomach; nor can I perceive how digestion can be promoted, by reversing as it were

the order of nature. There may, indeed, be some solitary cases, in which vomiting may have done good by exciting the secretion of other organs, and equallizing the circulation of the blood throughout the system generally.

When the alvine discharges have been rectified, the next object will be to give tone to the muscular coat of the stomach, and also to endeavour to excite the secretory power of that organ, by which the gastric juice may be promoted. To effect these purposes, stomachic medicines must be had recourse to. These consist of vegetable bitters, mineral acids, preparations of steel, chymical absorbents, and anti-acids. Bitters should be first resorted to, because if the disease can be cured by means of medicine selected from the vegetable kingdom, it would be more desirable; yet there are cases in which they are inadmissi-

ble, for they, on some occasions, either aggravate the disease, or prove inert.

There are several tonic bitters applicable to this disease, but it is sometimes difficult to find one that will agree with all persons, for the medicines which would cure one case might augment the symptoms of another, and *vice versâ*. *Powdered bark*, is one of the most popular tonics that I am acquainted with; but it is a medicine that is calculated for very few cases. If peculiar astringency renders it hurtful, when a disposition to costiveness or excitement prevails in the system, *gentian root* is far preferable to *bark*, and will agree with the stomach in a great many cases where the latter could not be employed. But the most valuable tonic that I know of, is *columbo*, for none of the objections to other bitters will apply to it. Now the reason of this is, that it possesses all the tonic properties

of other bitters, without their astringency. But another agreeable feature in the medicine is, that it combines with the preparations of steel without causing the mixture to turn black, I usually administer columbo joined with rhubarb, thus:

Take of Columbo in powder, 8 grains.

Rhubarb in powder, 10 grains.

Ginger in powder, 2 grains.

Ipecacuanna, 3 grains.

Carbonate of Potass, 5 grains.

Dill Water, 1 oz. and a half.

Mix for a draught. One of which is to be taken twice in the day, on an empty stomach.

If the above be too heavy for the stomach, columbo may be taken in another form, thus:

Take of Infusion of Columbo, 10 drachms.

Tincture of Cascarilla, 1 drachm.

Spirits of Sal Volatile, 30 drops.

Mix for a draught, which is to be taken twice in the day.

The infusion of gentian also forms a very proper tonic in the advanced stages of this complaint. It should, however, be combined

with some cathartic salt, on account of its being more binding than columbo. The following is the mode in which I prescribe it.

Take of Infusion of Gentian, 12 drachms.

Epsom Salts, 3 drachms.

Tincture of Cascarilla, 1 drachm.

Tincture of Orange Peel, 1 drachm.

Mix for a draught, which may be taken in the morning at rising, and repeated in six hours.

It is of some importance in the treatment of this disease not to overload the stomach with too much medicine; for it has, on some occasions, tended to aggravate the symptoms; I consider a draught taken before each meal as quite sufficient in the early stages of the disorder.

The extracts of some of the above medicines are, in some cases, a very excellent mode of giving them. To persons whose avocations will not admit of their taking

medicine with regularity at home, pills would be the most suitable. I prefer the extract of gentian to any of the others, when mixed with some purgative. The following is the way that I usually administer it.

Take of Extract of Gentian, 12 grains.

Compound Extract of Colocynth, 24 grains.

Oil of Carraway Seeds, 5 drops.

Ipecacuanna Powder, 36 grains.

Mix into a mass, and divide it into twelve pills, one of which is to be taken night and morning.

Should these medicines fail in renovating the powers of the stomach, we must call in the aid of another class of tonics, namely,—the mineral acids: these alone will often produce salutary effects, when bitters have been of no avail. This will sometimes occur when there is a disposition to fever in the system. They may, however, be combined, in most cases, with advantage. The acid most suitable for the first stage of indigestion is the diluted sulphuric; it is not

disagreeable to the taste, and renders bitters more palatable. It may be taken in conjunction with them thus.

Take of Infusion of Columbo, 5 oz. and a half.

Tincture of Gentian, 2 drachms.

Dilute Sulphuric Acid, 1 drachm and a half.

Mix. Two table spoonsful to be taken three times a day.

For old people, whose stomachs are cold and flaccid, the cascarilla bark is the most proper ; its infusion, combined with the acid, forms one of the most elegant stomachic medicines I am acquainted with. The following is the way in which I usually give it.

Take of Infusion of Cascarilla, 10 oz.

Tincture of Orange Peel, 30 drops.

Dilute Sulphuric Acid, 10 drops.

Mix for a draught. To be taken as above.

If bitters cannot be borne upon the stomach, the acid must be taken alone ; *i. e.* in some proper vehicle. The infusion of roses offers one of the nicest : thus.

Take of Infusion of Roses, 12 drachms.

Loaf Sugar, half a drachm.

Dilute Sulphuric Acid, 15 drops.

Tincture of Cardamoms, 1 drachm.

Mix for a draught. One to be taken twice or thrice per day.

When indigestion arose from relaxation, which I have remarked amongst females, the above prescription did more service than any other. I, however, increased the dose of the acid gradually, until it became powerfully astringent: it was also aided by the occasional use of a cold hip bath, which, in such cases, proves of infinite utility.

The muriatic acid stands next to the sulphuric in point of utility; there are, however, but few cases in which this class of tonics is indicated, that will not yield to the latter. In the more chronic forms of the disease, muriatic acid will prove, on some occasions, of great use, particularly where obstruction of the biliary secretions prevails;

its antiseptic qualities also give it a preference in those cases which are accompanied with a scorbutic tendency. It may be combined, in most cases, with any of the bitters to advantage in the following form.

Take of Infusion of Gentian, 12 drachms.

Tincture of Columbo, 1 drachm.

Muriatic Acid, 20 drops.

Mix for a draught.

But when the *muriatic acid* enters into combination with *steel*, it is of still greater value in those cases which consist purely of loss of tone in the muscular power of the stomach. When indigestion supervenes after a long illness, the treatment of which had consisted of large depletions, the *tincture of muriated iron* is a medicine that will prove of singular use, provided the lungs or heart be not diseased, or derangement in any other organ besides the stomach; in short, it must be only in the first stage of this complaint.

Wine of iron is another preparation which is serviceable in the complaint. It is, however, less so to stomachs which are disposed to acidity, the wine having a tendency to augment that disposition. Either of these preparations may be taken, mixed with a bitter, which will add to their effects; but it must be only with *columbo*, or *quassia*, if appearance be studied in the medicine; for when it is combined with any of the other vegetable bitters, the mixture turns black. This will not occur when *columbo* is employed. It may be compounded after the following.

Take of Infusion of Columbo, 10 drachms.

Tincture of Muriated Iron, 5 drops.

Spirits of Nutmeg, 30 drops.

Mix for a draught. To be taken twice in the day.

If powders be preferred to liquid medicine, there are other preparations of steel which can be employed in that form. One of these is usually called salt of steel, which, in some cases, is a very useful medicine. It

may be combined with *columbo powder* as follows.

Take of Columbo Powder, 10 grains.

Salt of Steel, 1 grain.

Ginger in powder, 2 grains.

Carbonate of Potass, 5 grains.

Mix into a powder, which may be taken twice a day in camomile tea.

Rust of iron is a good stomachic, but it is seldom used, as the other preparations of steel generally answer every purpose. In exhibiting the tonics which I have noticed, care must be taken to keep the bowels regularly open by some laxative.

The foregoing plan of treatment which I have laid down, is chiefly applicable to the first stage of indigestion, which consists of debility of the stomach without any particular derangement of other organs. I now proceed to point out the mode of treating the second stage, which we have seen is

connected with disorder of the liver and biliary secretions.

It has been before observed, that one of the most prominent symptoms of this stage, in persons of a full habit, is a tenderness at the pit of the stomach when pressure is made there. This, when accompanied with a tense and rapid pulse, calls for the application of leeches to the part. The number must be regulated by the age and strength of the patient. The same rule will apply to the quantity of blood to be drawn from the orifices which the leeches make. In persons of a delicate frame of body, a blister on the part will sometimes save the necessity of abstracting blood. I have found blistering of particular use in those cases where the stomach was so irritable as not to retain any thing on it, particularly medicine.

When the liver is deranged, and the

patient is unable to bear pressure upon it without pain, the same treatment must be adopted as is recommended for the stomach. Cupping being a more expeditious mode of bleeding, it may be resorted to here; it is, however, of no great moment what mode be employed: a blister will follow the depletion, and may be kept open for a few days. If the liver either feel hard, or have a disposition to enlarge, I would advise a *mercurial plaister* to be applied after the blister has healed. This latter remedy I have known of great use in several instances of induration of the liver, especially among persons who have returned from a hot climate.

With a view of exciting a proper and healthy secretion of bile, which in this stage of the complaint is often wanting, the exhibition of the *blue pill* is indicated. This medicine, though one of the mildest pre-

parations of mercury, sometimes disagrees with dyspeptics; but this, in most cases, may be obviated by combining the pill with opium. Dover's powder is the medicine I usually mix it with: thus.

Take of Mercury Pill, 30 grains.

Compound Ipecacuanna Powder, 20 grains.

Mix into a mass, and divide into six pills, one to be taken every other night.

The pills must be followed by an opening draught, composed as follows.

Take of Infusion of Sennæ, 10 drachms.

Carbonate of Potass, 3 drachms.

Tincture of Sennæ, 1 drachm.

Mix for a draught. To be taken in the morning, following the pill.

These medicines should be continued until the stools appear of a natural colour, *i. e.* like unto the colour of gingerbread.

But if the liver should resist a course of mercury, and continue obstructed, it will be

better to lay aside that medicine altogether, and try the effect of other things. Galvanism is one of the most powerful deobstruents with which we are acquainted if it be steadily persevered in ; and its application is unattended with any inconvenience, provided there be no inflammatory symptoms about the liver, or other organs: to insure no ill consequences from its use, I would advise leeches to be previously applied in all cases. In obstinate and long standing obstructions, I have repeatedly witnessed the good effects of this remedy ; I therefore strongly recommend it in all cases in which the want of the secretion of bile is the leading symptom. Even in more simple cases of indigestion, galvanism proved of the greatest service when the stream was passed through the stomach, the nerves of that organ deriving, by that means, new power. It has also afforded great relief in some cases

of asthma, which arose from disorder in the digestive organs. In short, no case should be given up in despair, unless this auxiliary to the treatment has been tried.

When that troublesome, and sometimes painful complaint, piles, is an attendant on this stage of indigestion, remedies must be applied with a view of relieving it. In such cases, the best mode of treatment to pursue, is taking purgatives that operate without much stimulus, such as castor oil. I have often been induced to think that this disease is frequently caused by the habitual use of aloetic purges. Almost all of the antibilious and stomachic pills that are puffed off in the public papers have that drug in their composition. Hence persons who seek such remedies, are generally affected with piles. When that affection is particularly painful, I would advise the patient to apply

leeches near the part; but if it be only itchy, and bleeds freely, the use of fine soap and water unsparingly applied, will give great relief. An internal medicine I usually employ is made as follows.

Take of Precipitated Sulphur, 1 oz.

Cream of Tartar, half an ounce.

Precipitated Sulphurated Antimony, half a drachm.

Lenitive Electuary, half an ounce.

Honey, a sufficient quantity.

Mix for an electuary. The size of a walnut to be taken every night at bed-time.

If this medicine be persevered in, in recent cases I can confidently promise the patient a speedy cure.

It is not my intention to enter here into the treatment of those affections which are symptomatic of the third stage of indigestion; for if the disease have come to such a pass, that consumption of the lungs, or disorganisation of any other organs is the con-

sequence, I consider that any directions addressed to the general reader would be superfluous, it being solely within the province of medical science to successfully treat such diseases.

A regulated diet constitutes one of the principal means of combatting indigestion; indeed, it is of such essential importance in that respect, that the medical treatment dictated by the greatest talent is nullified, unless the strictest attention be paid to it. Not only does diet operate, in many instances, in removing the disease, but it effectually prevents its return, provided the admonitions of nature be undeviatingly attended to. There are three things to be observed with regard to diet, viz. ; the time, the mode of eating, and the materials selected for our food. The last of these I shall consider first, and then close with some peptic precepts,

which are intended for those who wish to preserve their health, by following a path that leads to it.

The flesh of those domestic animals that chew the cud is the best and most nutritious food for man; but there are two or three things which are indispensable in rendering it fit for the purposes of digestion; namely, the age of the animal, and proper cooking. By the first observation I mean, that animals should neither be too young nor too old; for if they be killed at an immature age, their flesh will yield much less nourishment than at the proper period for killing them. Thus for instance, veal or lamb are of less utility than beef or mutton. The same observation will apply to every kind of flesh if the animal be very aged; it is then unfit for any purpose whatsoever. Every method of cooking is improper that deprives meat of its gravy,

for it is then both difficult of digestion, and adds but little to our stock of strength.

With respect to the different kinds of meat which belong to our food, I consider that beef and mutton possess more nutritious properties than any other kind of meat, particularly the prime parts; they are unquestionably the most proper for persons of a weak stomach. Roasting or boiling are the best modes of cooking, and I believe the most generally preferred. Pork ranks next to beef and mutton, as it regards usefulness; although there are few persons who can digest it; its adipose nature rendering it unfit for the stomachs of those who labour under indigestion. There is the same objection to veal, notwithstanding it is a very lean kind of meat, and does not offend the stomach on the score of richness; but to render it palatable, it is always obliged to be over-done. With some dyspeptics, I

have known it operate as a purge, passing through the intestinal canal without being dissolved, which strongly evinces its indigestible qualities.

As to dried meat, of whatever kind it may be, we must regard it as of little or no use in contributing to our nourishment, for it is impossible for it to be converted into chyle; the process of hanging and salting depriving it of lymph, which consists chiefly of nutritious matter. To persons who are subject to indigestion, salt and dried meat is highly improper; yet we often find persons whetting a bad appetite with a slice of ham, which, if it do not digest properly, must render the case worse subsequently: sausages of every kind are liable to the same objections, but especially those which are dried, such as Bologna sausages. This last article of luxury is of all others the most difficult to be solved

by the stomach; I wonder that it does not act as an extraneous body in that organ.

Poultry stands next to flesh among our edible articles, but is less easy of digestion, particularly goose and duck, the flesh of which are so peculiarly rich and fat, that a weak stomach finds it difficult to convert into nourishment: I would therefore advise dyspeptics to confine themselves to the whiter kinds of poultry. I have frequently observed people, after eating goose, take a glass of brandy to assist digestion; this is a habit that ought to be deprecated, as it has a tendency to induce too great action on the part of the stomach, which weakens it subsequently. Most other kinds of poultry may enter into the diet of dyspeptics, but they must be young, and properly dressed. Wild fowl are particularly well fitted for de-

bilitated stomachs, and I believe they are more nutritious than the domestic kinds.

Fish is an aliment which has always been considered light, and easy of digestion; but the observation cannot apply to all the kinds which luxury has brought on the table; for I conceive that those fish which are fit for weak stomachs, are confined to one or two species. Among those that may be held as difficult to digest, is salmon, from its richness and solidity: indeed, every kind of fish which have red muscular fibres, or are particularly firm in consistence, such as *turbot*, *soals*, and *skate*, are improper for dyspeptics: also some of the shell-fish tribe, such as lobsters, crabs, &c. But those species of fish which are white and soft, are very proper for debilitated stomachs. These are generally cod, floun-

ders, and the like; oysters are very agreeable to some, but they possess little or no nourishment, and on some occasions prove injurious to the process of digestion, more particularly when cooked. In the first stage of indigestion, stimulating sauces may be moderately taken with fish, as I consider that they assist the stomach to dissolve it.

Next to carnivorous food, those vegetables which enter into our diet, may be considered nutritious. The first of vegetable food is wheaten bread, when made of the best flour. It is well termed "the staff of life," for it imparts almost as much nourishing matter as meat, and has this advantage over the latter; when disease attacks the system, it does not augment heat. Bread should, however, be eaten stale, and be well baked: dyspeptics should look particularly to this, for nothing affects the stomach sooner

than bread recently baked. It would be well if this part of our food were made at home, for I believe that diseases of the digestive organs sometimes arise, from the practice of adulterating bread with *alum* by some bakers.

The vegetable that comes nearest to bread, in point of utility, is the potatoe: that extensively-useful root abounds with nutritious matter, and is capable of not only sustaining life, but of imparting to the body great vigour and robustness, even under great bodily exertion. To prove this, we need only look to Ireland, where a great portion of people live exclusively upon it the greatest part of the year. Potatoes are well fitted for persons who have a weak digestion, provided they be of the best quality, *i. e.* mealy. This may be accounted for by their not fermenting near so soon as

other vegetables. It is true that some persons find a difficulty in digesting potatoes, but they are very few, and perhaps have an antipathy to them. The soapy species, indeed, are apt to be heavy on the stomach, and yet they are the favourites of some people.

Vegetables of the cabbage tribe, such as cauliflower, brocoli, and the like, though in general wholesome and nutritious, yet prove to the dyspeptic a source of much uneasiness. The reason of this is, that vegetables of that class are liable to run into a putrescent state when exposed to the heat of the stomach, from which acidity and wind are produced. Peas and beans labour under the same disadvantage, nor will their delicious flavour and nourishing qualities exempt them from prohibition, by persons who watch the movements of the organs of digestion; so also must we regard

several other kinds of esculent vegetables; such as turnips, carrots, and parsnips; for though these appear from their nature easily digested, yet I have known each of them disagree with a weak stomach.

Having cursorily noticed the leading articles which belong to our more solid food, I shall now speak of those liquids which are derived from them. These are principally soups and broths, which, to debilitated stomachs prove very detrimental. By referring to the process of digestion it will be seen, that the antecedent parts of it are effected by the joint aid of the gastric juice, and the muscular fibres of the stomach. Now if the former be so diluted as to neutralize its effects, and the latter be relaxed by the presence of a hot fluid which cannot be rendered into a proper pulpy consistence, it is manifest that imperfect digestion must be the conse-

quence. The best mode then of taking this kind of diet, is to soak toast or stale bread in it until it be absorbed. It will then both prove nutritious, and enable the stomach to act upon it without losing its tone. But I would advise dyspeptics to avoid soups or broths on every occasion.

Beef tea has long been held as the most eligible spoon-diet for the sick, and to this I will agree, provided the stomach be not called upon to digest it without its being previously soaked in bread. Another thing is, that it ought to be properly made, which is a point that few consider. The best way of making beef tea, is to cut the meat into small pieces, and after putting them into a tea-pot, pour boiling water on in sufficient quantity; let it then stand for fifteen or twenty minutes, and strain. By this means the juice of the meat is alone extracted, which is, in fact, all

that is wanting. About four ounces of this liquor is sufficient for a sick person at a time. Persons, however, who suffer by indigestion, should be careful not to live too much on slop diet, even when recovering from an illness.

Drinks stand next in order to food ; they may be divided into three classes, viz. spirituous, fermented, and plain. The first comprehends all liquids that undergo the process of distillation, from brandy down to gin: the second, those that are fermented, from Burgundy down to small beer: the last, every kind of milk down to water from the spring. Spirituous liquors possess no property of imparting strength to our system, except it be that transitory feeling of vigour which they give to the nerves. But it is doubtful whether such excitement prove beneficial ; at all events, it must

weaken the nerves subsequently, for they cannot be stimulated for any time without producing a proportionate degree of debility hereafter: thus a drunkard feels an irresistible desire to repeat his inebriety after he has slept off the first debauch. Malt liquors operate on the system in a different manner, but are more insidious in their effects. It may be sometimes observed, that the beer-bibber grows stout from his beverage, and this is certainly the case, but it is not the result of healthy action in the system, for out of this corpulency disease frequently arises. The reason why a person gets fat with porter drinking, is this; the sedative property of hops, and the employment, perhaps, of deleterious drugs, causes the blood to flow through the veins with less velocity, which gives it a disposition to form fat; but we generally find that persons so bloated are subject to several dangerous diseases.

In the first stage of indigestion, spirituous liquors are, I think, less pernicious than those which are fermented; for there are cases in which an artificial stimulus does no mischief, provided it be not carried beyond a certain point; but I particularly allude to dyspeptics in advanced life, whose stomachs are flaccid and cold, and need something to assist their muscular powers: to such, a weak tumbler of brandy and water will prove salutary. There are persons also of a cold and nervous temperament, uninfluenced by age, who seem to require something stimulating to enable them to digest their food quickly, which otherwise is apt to remain in the stomach too long after it ought to have passed. It then becomes a source of uneasiness, and calls for a small portion of spirits. But the practice of taking *drams* after dinner should never be indulged in, as it has a tendency to produce an incurable weakness of stomach.

Every kind of wine labours under the same objection as the most common fermented liquors, for I see no distinction when indigestion is the case, as they all have a disposition to turn acid on the stomach. Foreign wines, indeed, have a less tendency to do so, but still I hold all kinds of wine as improper in every stage of indigestion; and unless they can be abstained from, there can be no prospect of cure held out. The best beverage is either spring, or distilled water: it constituted our first parents' only drink, and I believe there were no cases of indigestion in their days. It is, however, requisite, that dyspeptics should be cautious not to drink too much water, or of any other liquid at dinner; as I have before remarked that it injures the process of digestion. I think half a pint should never be exceeded at one meal, that quantity being necessary to moisten the digesting food.

The foregoing pages briefly notice some of the articles which belong to our diet: but there are a few other miscellaneous things which require observation, after which I shall close the book with some peptic precepts, the strict observance of which will not only assist in removing an attack of indigestion, but also prevent its developement.

Eggs are both nutritious and easy of digestion, provided they are eaten under-done; for persons of weak digestion I consider them a valuable article of diet, but I would advise the yolks only to be taken. It will be right also, to alternate the use of them with other things, as a constant diet on eggs might produce disgust, a circumstance which ought to be avoided: boiling is the best mode of cooking them. Cheese, although extracted from milk, possesses very little nutritious principle. There is a popular

error prevalent with respect to this article of food that ought to be corrected. It is supposed that it has the property of dissolving every thing it finds in the stomach, consequently is counted a good digester, and therefore generally taken by dyspeptics: but I know few things that are more pernicious to such people, for its astringency binds up the bowels, which is one of the causes of this complaint. The way it operates in assisting digestion is, by its stimulating the stomach; but such excitement is better avoided. Butter, which is produced from the same material, is not half so objectionable; as when it is eaten in moderation it is both easily digested and nourishing.

All kinds of pudding are more or less difficult to digest, and especially those which are made of flour and suet; or which consist of batter: in short, things of this kind

should never be eaten by persons who are subject to indigestion. The same remark will apply to all sorts of pastry, which are, in fact, superfluous on the table, except when school-boys “come to visit dear mamma.” All pottages are likewise unfit for weak stomachs, and principally gruel. It is frequently taken by dyspeptics when they cannot take any thing else; but I know nothing so likely to disorder the stomach under any circumstances than this beverage. One of the chief objections to it is, its tendency to turn sour on the stomach, which produces a train of disorder: it also palls that organ, and renders it unable to perform its proper functions. But the habitual use of gruel operates in a way that few would imagine; it produces eruptions on the skin, which nearly resembles itch*. On these

* In Ireland and Scotland, where the diet of the poor frequently consists of *oat-meal* in some shape or other, eruptions on the skin,

grounds, I would advise those persons who are either liable to scurvy, or the complaint in question, to be careful not to take too much gruel.

Both tea and coffee should be taken sparingly by persons disposed to indigestion, as they affect, in a remote degree, the nervous system, and immediately, like all hot fluids, weaken the power of the stomach; two cups of tea are sufficient at a meal, but some bread ought to be taken with them, to give that organ a solid material to act upon. Tea has been depreciated by some writers, and to the use of it is ascribed the prevalence of stomach complaints: but I conceive that a beverage cannot be so detrimental when it yields such refreshment. It is true, that

are very common These, from dirt, and a continuance in that diet, soon produce the true itch. The author of the "Cook's Oracle," seems not to be aware of this, otherwise he would not have made such laudatory remarks on gruel.

green tea disorders the nerves of many people, and injures the stomachs of dyspeptics, but drinking that kind may be avoided. It is however of great consequence to drink pure, unadulterated teas, for the things which are sometimes mixed with them will certainly disorder the stomach.

The time of taking meals ought to be a consideration to dyspeptics, as upon it a good deal depends in enabling the organs of digestion to perform their functions efficiently. Dinner, being our principal meal, should always be taken early, that is to say, at one, or two o'clock, but never after three. The advantages derived from early dinners are two-fold; it prevents wind from forming in the stomach, as it is wont to do when empty, and enables that organ to finish the process of digestion previous to bed-time. This is a point of great importance to those who

sleep badly, which is often owing to an oppressed stomach. Indeed, I attach so much consequence to a regulated diet, that I consider all plans of treatment will prove abortive, unless it forms a part. It is always necessary to remain quiet for at least an hour after eating, particularly dinner, for by that means digestion is performed much more effectually ; for this reason, there can be no great objection to those who labour under indigestion, taking a nap after a meal, provided they are of a relaxed and debilitated frame, and are not subject to a determination of blood to the head.

The time of eating other meals should be proportioned to that of taking dinner ; for instance, let tea be drank as early as five or six o'clock, and supper at nine, if the latter cannot be dispensed with. There are some persons who do not sleep well unless they eat

a hearty supper, but they always rise in the morning with a furred tongue, which proves that such a circumstance is not the effect of healthful digestion. At all events, a full meal taken when retiring to bed cannot be beneficial to any person, and especially if it consists of animal food: this latter should only be eaten once in the day. There is an opinion prevalent, that eating "a little and often," is the best mode of bringing a weak stomach into tone, and of imparting nourishment; but this is quite a popular error, for I know nothing that is more likely to derange that organ, than calling it into action so often; in short, the practice would impair the best digestion, and if it do this, what may we not expect when it acts upon a stomach already under the influence of disease.

With respect to the precise quantity of

food which a dyspeptic ought to take at one meal, it is rather difficult to give an opinion, because there are no two cases under the same circumstances. It is, however, manifest, that the less food the stomach has to act upon, the easier it will accomplish its part in the process of digestion ; and I am convinced, that a greater quantity of nutriment will be derived from the food if it be digested quickly. The quantity of meat should be limited to six or eight ounces ; but I think more ought to be taken by persons who use much exercise. Cold meat is much more easy of digestion than hot in a great majority of cases ; it should therefore be taken in preference on all occasions, and the plainer it is cooked the better. No made dishes or high-seasoned stews should be eaten by dyspeptics ; nor should hospitable importunities cause them to deviate from rules which they may have prescribed for themselves, upon

the observance of which their health and comfort so mainly depends.

Various are the sauces and pickles which epicurism hath invented for the purpose of giving zest to an already pampered appetite. Most of these are incompatible with healthy digestion, and some prove highly pernicious to the stomach and bowels. Dyspeptics should confine themselves to the two most universal sauces in this country, viz. mustard and salt; the latter of these is a valuable assistant to the stomach, when it is masticated with the food: although salted meat is not the most easy to digest, yet pure salt very materially aids the process, by stimulating it to healthy action; independent of that, it has a purgative quality when taken in a sufficient quantity: on these accounts, it should never be omitted, by persons who have weak digestive organs, at any meal in which

meat forms a part. I have met with some individuals of this description, who either disliked salt, or fancied that it was bad for the stomach: in case there be any repugnance to it, it ought to be gradually overcome.

All kinds of soft and juicy fruits may be taken with impunity, if they are not very acescent, and perfectly ripe. Some fruits may be made fit for digestion by cooking, such as apples, and the like; but they should be of a sweets pecies: every kind of shell fruit, such as nuts, almonds, &c. are improper for weak stomachs; the gastric juice not having power to dissolve kernels of fruit. Dyspeptics should take every meal very deliberately, for fast eating will frequently bring on an oppression of the stomach after it. It is also highly necessary to chew the victuals well before they

are swallowed, for this constitutes a material part in digestion.

It is of consequence to attend to our clothing in all seasons of the year, as we find that indigestion is sometimes produced by a want of care in this respect. Clothes should be so managed as to be neither cumbersome or oppressive in hot weather, or to admit of cold in winter. I think, however, that flannel worn next to the skin is an indispensable requisite in all seasons to persons whose digestive organs are subject to debility: it is the best preventive to sudden chills, which produce the majority of diseases to which the human frame is liable.

One of the principal means of preserving health, is sound and refreshing sleep. In this disorder, the want of it is often a distress-

ing concomitant, which, by an inverse ratio, serves to aggravate the existing malady. I would recommend those who suffer in this respect to be careful not to take tea late in the evening, and to make it very weak. A bad night's rest is sometimes produced by the bed-room not being properly ventilated during the day, especially if there have not been a fire kept in it. Beds should also be well aired, and not made up too soon. Dyspeptics should lie cool in hot weather, for nocturnal perspiration almost always produces general weakness. Some people sleep too much, which is productive of bad consequences in dyspeptic cases. It would be difficult to say what quantity of sleep is requisite for a dyspeptic ; some people requiring more, and some less ; seven hours of "soothing slumber" will, however, be a good medium, and would not injure any person. Nothing is so conducive to health as early

rising, for it will create an appetite better than any thing that I know, and cause the bowels to resume healthy action sooner than even medicine: let the dyspeptic only make the experiment, and he will be surprised at its salutary effects.

Exercise in a salubrious atmosphere is another great mean of rectifying the organs of digestion. Walking is by far the most beneficial to the system; it should be daily taken, to the extent of at least two miles, and even more. Carriage exercise is but a poor substitute for walking, but it must be resorted to if the patient be so weak as to be unable to walk. Riding on horse-back, is nearly as good as foot exercise, to those who prefer it.

If cases of indigestion should continue obstinate under every mode of treatment, and

the strictest regulation with regard to diet and regimen, we may suspect that local situation may have some influence in causing it; it will then be advisable for the patient to remove to some place more conducive to health; some watering place will be the best. In the first stage of this complaint, those mineral waters which have a portion of steel in their composition would be suitable, such as *Bath* or *Leamington*. But in the advanced stages, *Cheltenham* waters would be the most proper. An excursion to any of these springs will sometimes produce the best effects, even without tasting their products, such is the influence of anticipating the return of health.

THE END.

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